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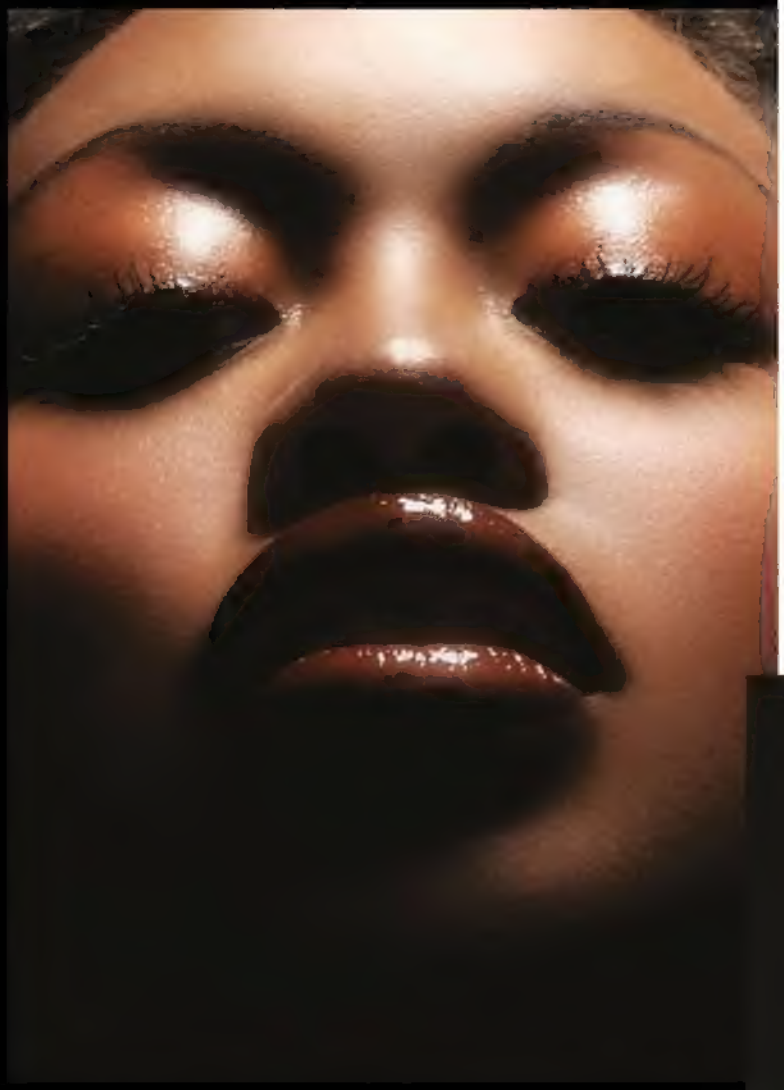
The Brilliant Power of Patia Borja and Her Meme Empire

The outspoken social media queen on curating your feed with Black Culture magic

PHOTOGRAPHY BY **MICHAEL CUBY** INTRODUCTION **RICHIE TALBOY**

Most meme accounts don't have origin stories. But when Patia Borja is involved, exceptions to the rule seem to be the norm.

A New York nightlife denizen since 2010, the Florida-born Borja is the bawdy mind behind some of the internet's most audacious memes. Quick-witted and self-assured, the 28-year-old has never been afraid to speak her mind, whether she's exposing abusers or speaking out against anti-Black racism. It's this chutzpah, in fact, that inspired her to create the Fantasy World Guide to Dismantling Systemic Racism, an exhaustive database of resources aimed at educating the masses about America's centuries-long history of racial



oppression. Coincidentally, the database brought global attention to Borja right as PatiasFantasyWorld, her ever-growing Instagram account, known for its vast selection of irreverent and ironic memes rooted in Black culture and identity, was expanding its own audience at an exponential rate.

About that origin story: In 2015, Borja started BundleUpdate, an Instagram account that spotlighted pictures of semi-known NYC scenesters doing cocaine. Being featured on the page became the epitome of downtown cool, and before long New York fixtures were messaging Borja directly with photos of themselves snorting the illicit substance. Despite its hyperlocal popularity, however, BundleUpdate was soon banned. So, with that experience under her belt, Borja reemerged with PatiasFantasyWorld. Initially a private finsta, she eventually opened it to the public, and as the demand for more content increased, she enlisted the help of other internet-obsessed Black millennials—Laina Berry, River Moon and Allan Stoops—to run the page. Today, PatiasFantasyWorld posts to an audience of more than 210,000, making Borja one of social media's most important (and hilarious) voices.

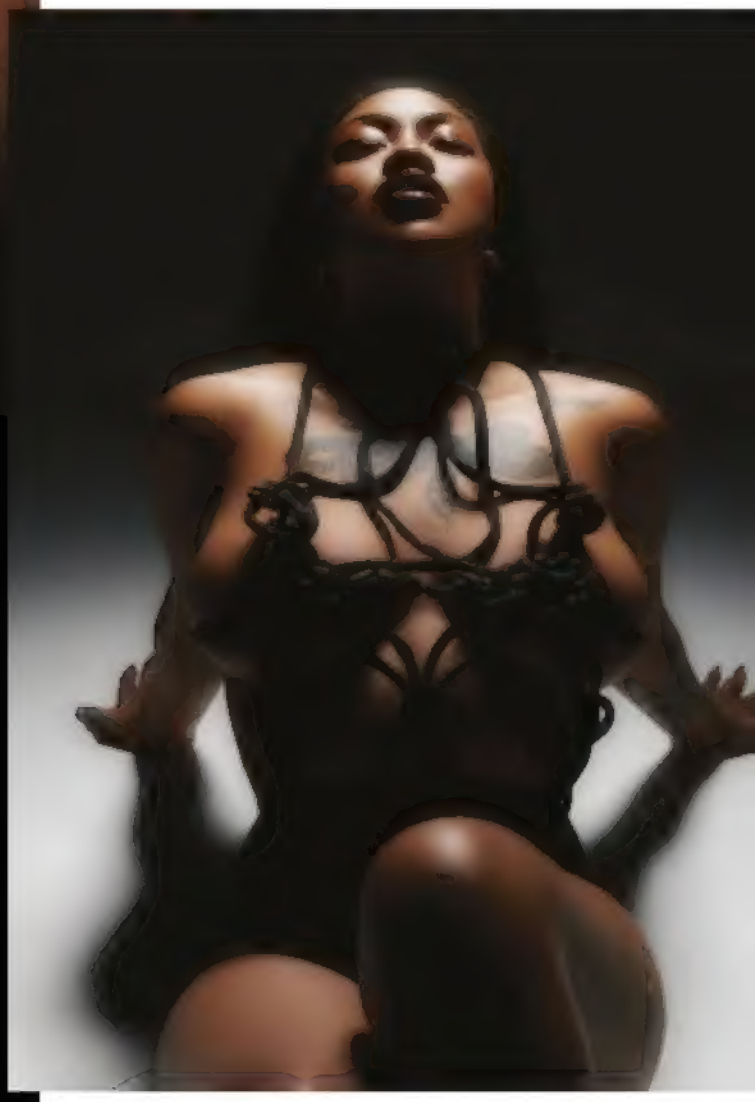
When she's not scouring the Facebook pages of various Black aunties to find her niche memes, the selective curator can usually be found cuddling with her Yorkie puppy, Pocari, or buried in books, studying cybersecurity as part of a certification program with Cisco.

Her meme page may be bigger than she ever imagined—so big that she's now in the business of fighting court cases, most recently when someone accused her of stealing "intellectual property" for her resource database ("A bail fund link is not owned. It's supposed to be shared," she contends)—but Borja has much grander goals for the long term.

Borja had been enjoying one of the last few warm days of fall when Playboy checked in for a two-hour Zoom call; the conversation with the meme curator-cum-activist covered everything from brand partnerships to mental health to posting foreskin on social media.

The memes you feature are rooted in Black culture and identity. How do you reckon with having a lot of white followers?

I guess I don't think about it. I think white people love talking to each other in the comments more than Black people. For me, it's a front-row seat to seeing white people do that thing they do, which is colonize. We've been saying from the beginning that this is for Black



people. If anything, I hate feeling like I've birthed a lot of white people's senses of humor this year. Some people just learned how to say, "Period."

Despite bearing your name, PatiasFantasyWorld is run by a team. What's the advantage of that?
The big advantage is I have time for myself in my own life. But it also helps because if it was just me, I couldn't post certain things because I'm the "straight Black girl." I mean, some would say I'm gay, but having members of the community really helps us post the more offensive memes—you know, the out-of-pocket memes. It helps in terms of how extreme we can go with the content.

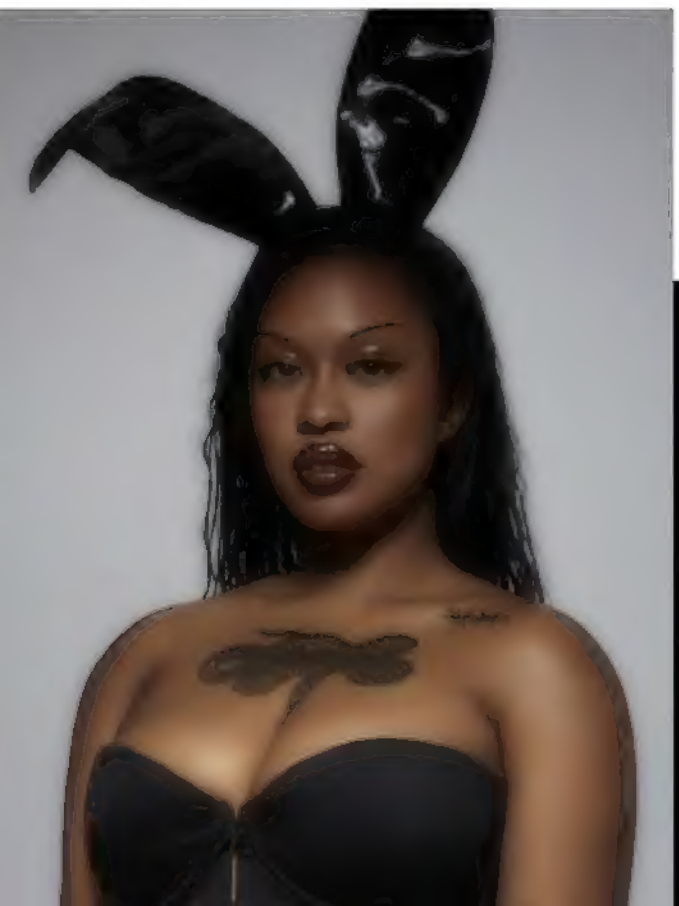
Do people conflate you with the account?
Yeah. I've battled with that for a minute. Before the database, I was like, p"What the fuck? I don't want to be known as just a meme account." I'm grateful for all the shit I get because of the account, and I'm happy that people like the work we've done. But I don't want to be talking about this account when I'm 30. It's a period in time. I don't want it to turn into some shit like FuckJerry, you know?

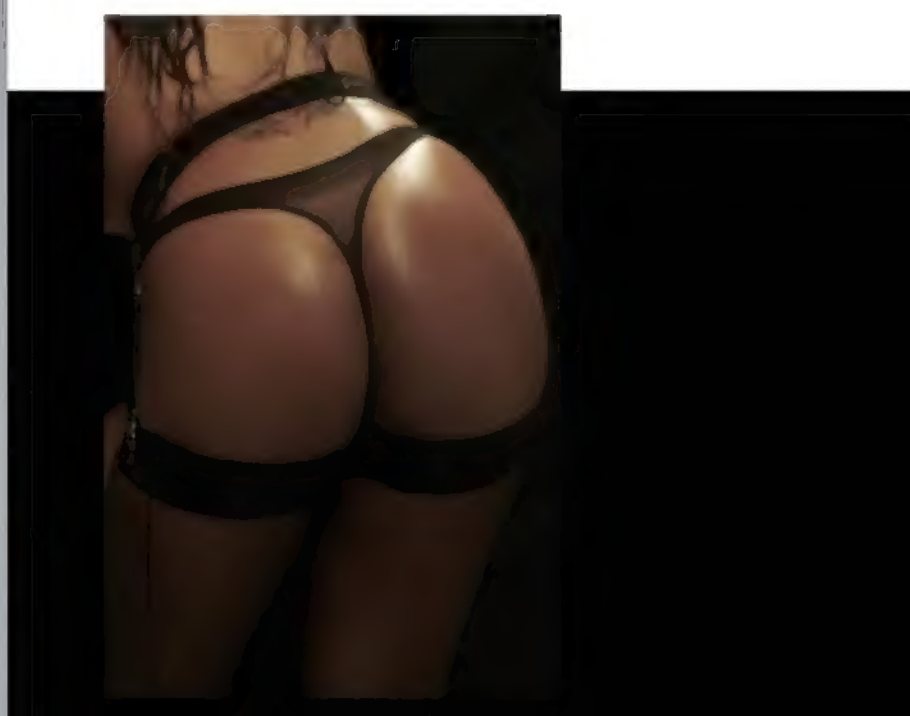
BundleUpdate, your first real foray into meme culture, was informed by the nightlife scene. Do you think there's a link between your past in the clubs and your career as a meme curator?
Back then, I was the only one who didn't have a job, couldn't keep a job. I was always quitting, not showing up. I was scanning fake CityMD excuses. I knew the same people then I know now. They were all doing shit, and that's what was cool about them going out. But I was partying and couldn't get my life together. I was young. You can't be like, "If I did this back then…," because if I'd done things differently, then I wouldn't be doing what I'm doing now.

"I have no filter—I'm posting foreskin memes while telling you to read Assata Shakur."

What made you get serious about your future?
Last year I was getting my hair done, and this woman was reading my energy. She was like, p"I can't see you working for anyone." Everyone in New York always says they can't work for people. But, like, I can't work for people. I feel too smart to have people who are managing me, especially because I worked in restaurants and retail. I didn't want a job in a cool office. I'm not trying to sit in a cubicle. So I did a lot of not giving a fuck.

That mentality toward professional shit didn't really change until I started the resource database. For the first time in my life I had to actually reply to emails. But I fully believe you don't have to want to do one thing. You can do it all!





You worked recently with brands including Marc Jacobs and Kim Kardashian's Skims. Some people took issue with your collaborations; what do you say to them?

When I bought myself a Prada bag for my birthday, I got the whole capitalism lecture. And I completely get it, but I'm going to wear Prada. I don't see people come at white people or even Black men the way they do Black women. That experience—being criticized for every single thing I did—was the craziest. When people attack me for who I work with, it's insulting. You say you respect me and are thankful for my work, but you seem to think I'm not competent enough to make my own decisions? They're like, p"Those brands are just being performative for you," I'm Black. I think, of all people, I know when someone's being performative or not.

I'm not someone who gets invited to fashion shows. These brands do not have to give a fuck about me. I have no filter—I'm posting foreskin memes while telling you to read Assata Shakur. If I was running a brand, I wouldn't hire me. The way my mama be hitting, I'm not scared of no fucking brand.

How did you learn to embrace your sex appeal?

When I was growing up, I didn't think anyone was hot. I couldn't even think about a football player. I was like, p"Those niggas are ugly." It wasn't until I really bagged a major crush that I was like, "Hold up."

People are sexy when they're smart. So once I started being more confident in my intelligence, I felt sexy. Learning to accept the fact that I'm smart made me feel like, a"Oh my God, I think the smartest people are beautiful…so I'm cute."

Did you feel that way on set for your Playboy photoshoot with Richie Talboy?

Oh, bitch, it was fab! It was just surreal to be a Black woman and working with such a legendary publication. It felt euphoric and I think everyone on set had the same sentiment.

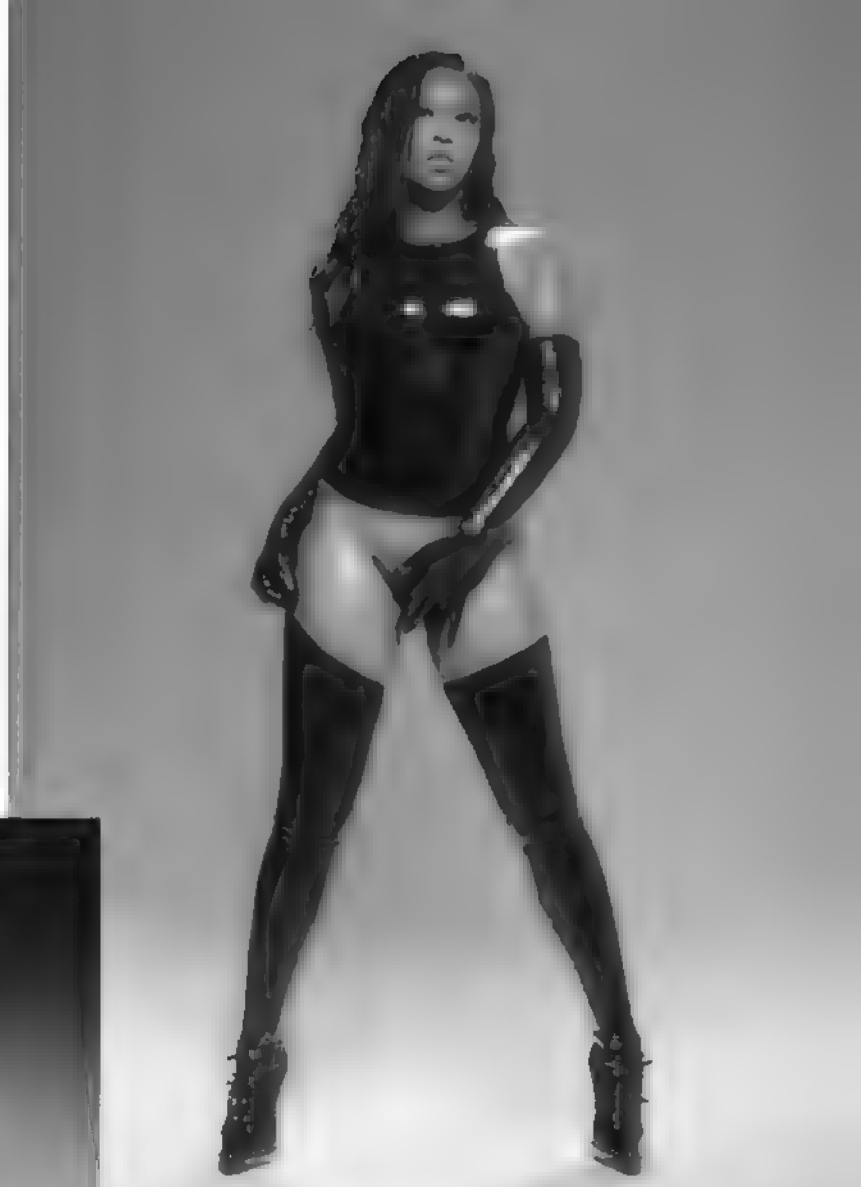
How have you been handling your mental health during quarantine?

Mental health is a battle and doing it during Covid is a battle. We all have stress over money and stuff. People ask, p"What would you say to someone who's depressed in quarantine?" It's like, "Girl, when you find out, I would love to know!" What helps me right now is just knowing that, honestly, everyone's fucking depressed.

It's crazy to see everyone have the same problem I've had for 20-plus years, just being depressed and shit. I've had the most unexpected friends be like, p"I'm spiraling. I'm inside. I'm going crazy." And in my head, I'm like, "Damn, now you know."

We're in the run-up to an election. What role do you think memes will play?
I always wanted the meme page to be something for Black people to laugh at, no matter what the fuck is going on. There are specific meme topics we post about that are political, like when we posted stimulus check memes. I don't really intend for those to raise conversation, but it's cool when they do. That's what memes do. But I feel like all we'll have after this election is Patias FantasyWorld. I guess that's everyone's Xanax.

That's not necessarily a bad thing.
I already know what my timeline is going to look like, no matter who gets elected. We just have to keep posting memes about foreskin.



ROSIE
AVE
Instagram @miss.rosie.ave

Hello, My name is Rosie Ave. I'm Czech-Am
el. I was born in Prague, Czech Republic, moved to the US in my teens and call New York City home for the last 12 years. I can't be more excited for the Playboy feature and for sharing a little bit about myself below.

Happy to have you feature on Playboy! Can you give us a bit of a background on your career as a model and where it all started? Thank you for having me! I was born in the beautiful city of Prague and started modeling there. I was represented by local agency

What are some of your best career highlights so far? I've participated in NY and Paris Fashion weeks for several years and can't wait to be on a runway again in Shanghai in Fall 2021. This is my first Playboy feature and I can't be more proud

Social media is a very powerful tool, given your massive following, what are some of the challenges you face when it comes to marketing your brand and maintaining a solid following? I'm active on Twitter and Instagram and it's basically a 24/7 job. I'm overwhelmed by love and support of my fans and have a lot of fun on Social Media

Can you give us breakdown of a typical day in the life of a glamourous model on set? For this shoot we flew to Miami and since its July - a hurricane season the weather wasn't cooperating. So we just began the shoot - and then pouring rain started and we had to run and hide. It has happened several times in a row - me and my team were so exhausted! Luckily, I think I looked pretty hot all wet and without any makeup on - dirsty!o - its all got washed off by the rain. At the end of the day one certainly has to ask - "Am I glamorous or not?"

What are some of the biggest misconceptions people have about what you do? My only job is to look pretty. A model must also have a great personality which draws people into an experience. I'm friendly, engaging, down to earth, highly professional, we have superb communication skills

Now we know there are some pretty perks that come with being a beautiful woman, what would say are your favourite ones? Lots of attention, gifts, shopping sprees, traveling to amazing destinations, fine dining

Given that you're a stunning woman who undoubtedly gets a lot of attention, what are some of the nicest things men have done to try and get your attention? Kind and generous men get my attention. I'm crazy about fine jewelry and traveling. One of the most memorable experiences so far was a surprise trip to Bora Bora for my Birthday

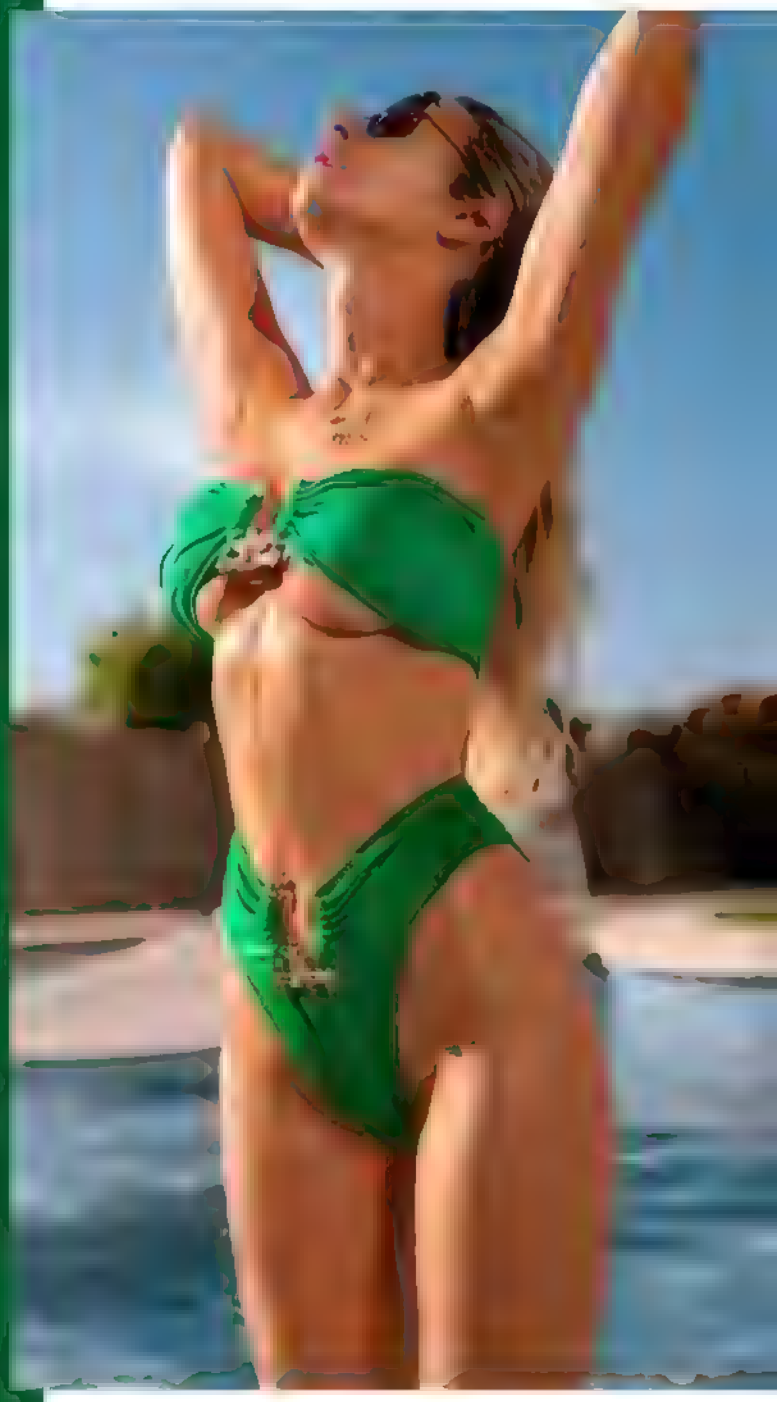
What makes you feel absolutely sexy? Definitely a new lingerie :)

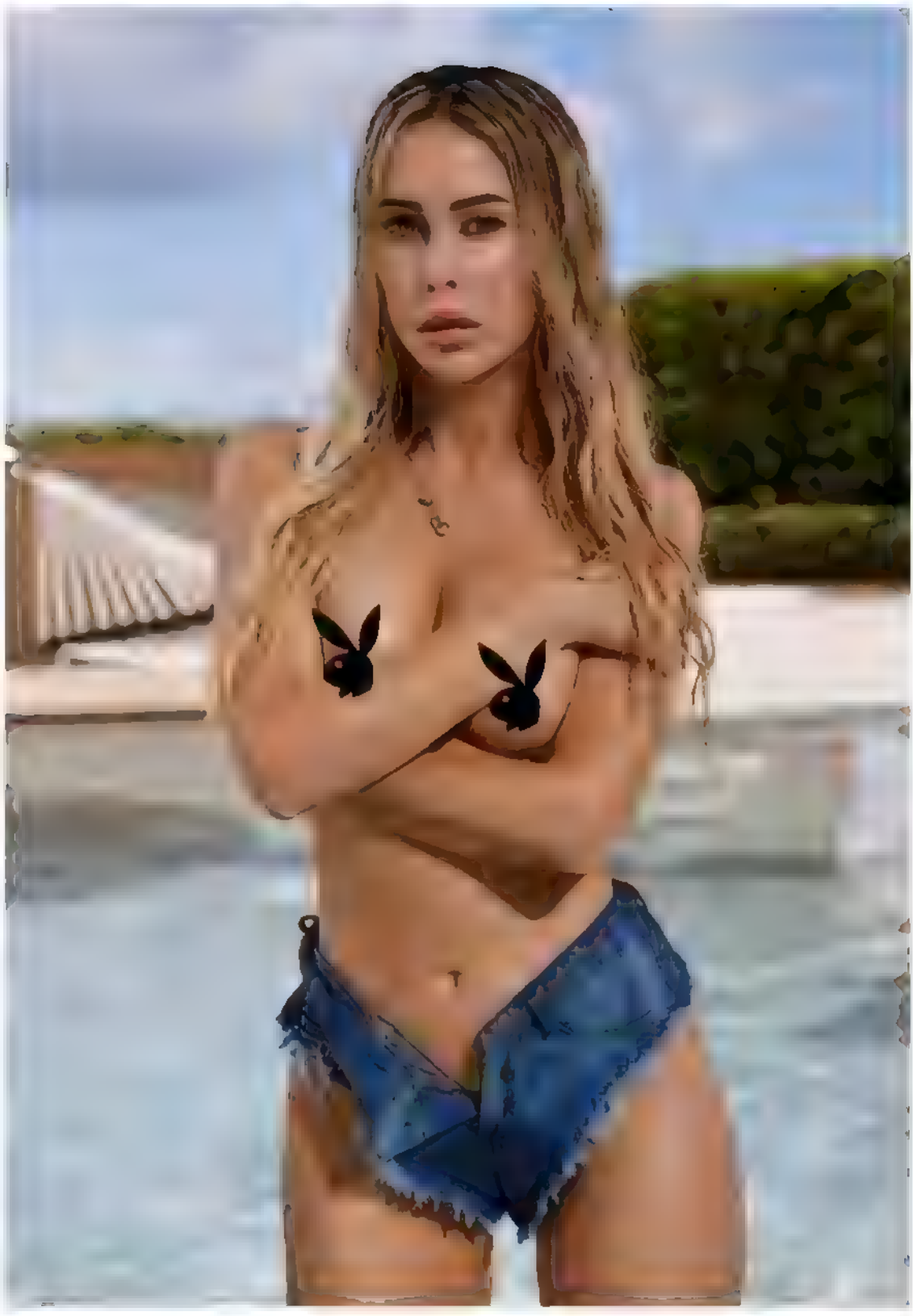
5 things that you can't go a day without? Food, I love love love to eat, Music, Sex

Anything exciting we should be on the look out for coming through this year from you? Definitely! I have smth big coming up next month, but for now I'll keep it a secret

Where can our readers find out more about you and stay updated with your current events and adventures? My instagram @miss rosie ave and Twitter @RosieAverett

Thank you so much for sitting down with us and letting us get to know you! Any last words for our readers out there? Enjoy your summer, rock on and stay sexy!





Fembots Are Here to Save 2020

Former Solange collaborator Jacolby Satterwhite shares a special edit of his new film, an homage to Breonna Taylor in which cyber matriarchs fight oppressive orbs. The artist talks to Playboy about surviving 2020 and concluding his queer utopian series.

"Slice, remix and generate!" Artist Jacolby Satterwhite crafts his work in front of a green screen inside his Brooklyn studio. Wearing a skin-tight bodysuit designed to digitally capture his movements, he cuts through thin air and shuffles his limbs like a dancer. On the walls of the studio, drawings by his late mother surround and inspire him. "I animate my films similar to an abstract painter, constantly erasing and making marks with my choreography," he says. His moves are outlandishly flamboyant and precisely nuanced, and each one translates into a gesture of resilience in his neon washed virtual queer utopias. Music echoes, bodies levitate, epic challenges are made and met.

We Are In Hell When We Hurt Each Other is Satterwhite's newest fireball: an animated 24-minute spiral into a universe of topless Black fembots in gold pants and high heel boots, vogueing for their lives. "The film is a mirror for our spirit now," he says, ruminating on a year that parallels the chaos of his artistic creation. "Unrest has gone haywire, with paranoia and the elite gaining more control over the masses—I had to pare down my feelings and build up a utopia for Black survival." In the film, fembots fight their way through what Satterwhite calls "an obstacle course." A constant rain of pastel colored cellular orbs challenges their superpowers, "but, hey—they're thriving!"

Still from We Are In Hell When We Hurt Each Other, 2020. © Jacolby Satterwhite; courtesy of the artist and Mitchell-Innes & Nash, New York

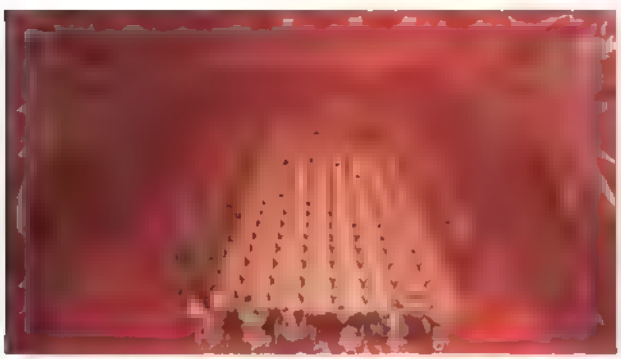
Still from We Are In Hell When We Hurt Each Other, 2020. © Jacolby Satterwhite; courtesy of the artist and Mitchell-Innes & Nash, New York

BY **OSMAN CAN YEREBAKAN**

The fembots' resemblance to Grace Jones is intentional, as is every detail with which the artist builds his realm of beauty and brutality. Various versions of model activist Bethann Hardison sit on thrones wearing long, red dresses, multiple Jacolby Satterwhites appear dancing or hanging from slings, a clone army consists of musician Dev Hynes decked out in a dapper suit, holding a light in front of his belly. Meanwhile, a fembot kills another orb with her twirling hair. Footage from recent Black Lives Matter protests and Ku Klux Klan brawls crowd the video background, but where peril meanders, there awaits fighters too. The fembots dance to resist, controlled by the digital strings of techera puppeteer Satterwhite, who calls the film "a simulacra experience of 2020." The film's climactic shot telescopes out to a bird's eye view of Breonna Taylor's name and image rendered in pink and purple flowers.

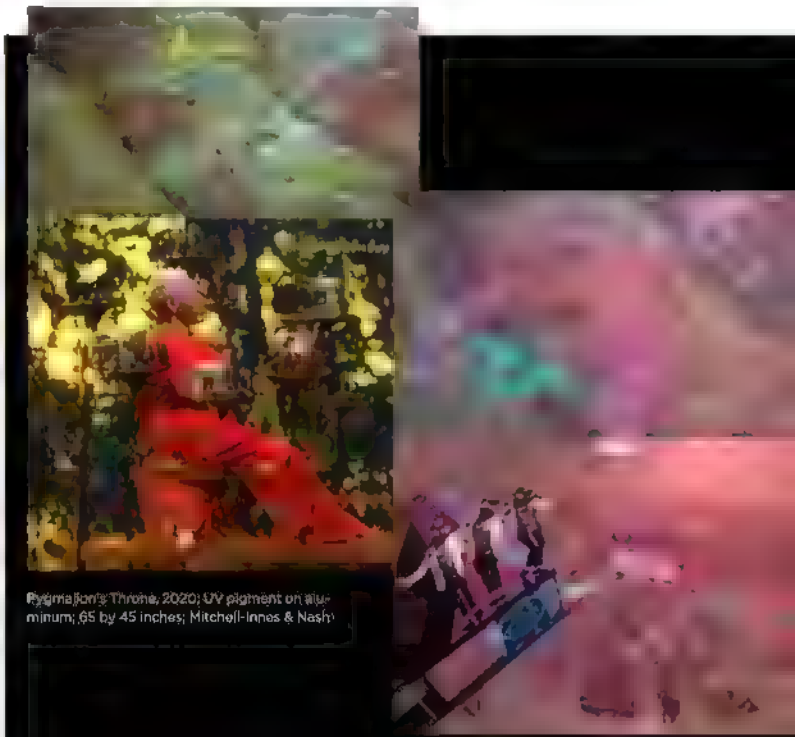
Still from We Are in Hell When We Hurt Each Other, 2020; © Jacolby Satterwhite, courtesy of the artist and Mitchell-Innes & Nash, New York

Before he ever created heroic pixel dolls or shot a music video for Solange's 2019 visual album, When I Get Home, Satterwhite was a queer kid growing up in South Carolina, and self-expression was a dream on hold. "I would be thrilled to open McDonald's Happy Meal boxes, so I could maybe play with the dolls," he says. His mother, Patricia, who lived with schizophrenia, made art and recorded music, and she hoped for success that never came in her lifetime. Her work is now embedded in her son's visual and audio universe, filtered through his life as a gay Black man in America.



Still from We Are in Hell When We Hurt Each Other, 2020; © Jacolby Satterwhite, courtesy of the artist and Mitchell-Innes & Nash, New York

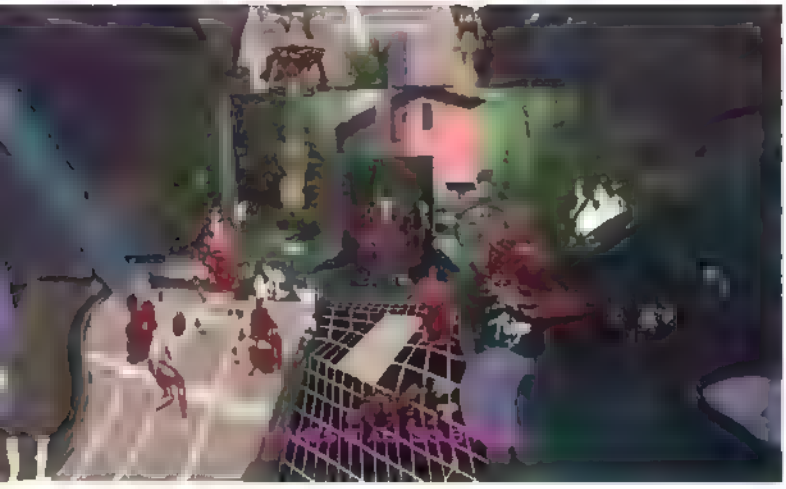
Today, an art connoisseur can sit on a swiveling chair, put on a pair of VR goggles, and dive deep into Satterwhite's visions in an exhibition at Mitchell-Innes & Nash gallery in New York. The new film is the last installment in a series that radiates resilient joy. He started the series, and an accompanying album in collaboration with Teengirl Fantasy's Nick Weiss, two years ago as a love letter to Patricia. The 20-minute long first film, Blessed Avenue, premiered at Gavin Brown's gallery in New York's Chinatown in 2018. There were glow sticks available at the opening, and the film featured cameos from cool downtown kids. Juliana Huxtable as a dominatrix, gay porn star Antonio Biaggi as a slave, a breakdancer played by Madonna's daughter Lourdes Leon.



Pygmalion's Throne, 2020; UV pigment on aluminum; 65 by 45 inches; Mitchell-Innes & Nash

Flying in Paradise, All Above the Bushes, 2020; UV pigment on aluminum; 60 by 50 inches; Mitchell-Innes & Nash

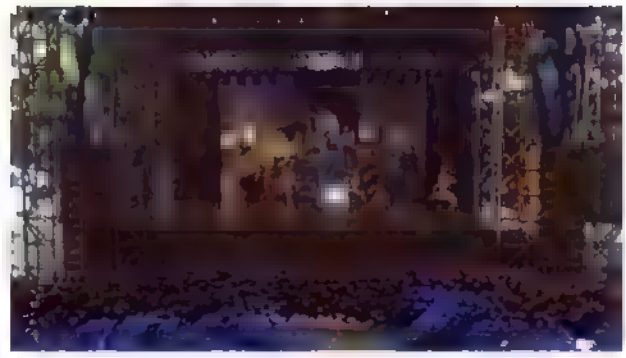
Last year, Brooklyn's Pioneer Works exhibited Satterwhite's follow-up, Birds in Paradise, which further expanded his vision of a queer utopia and its people: still feathered, resilient and mischievous. Next to the film's projection was a listening station for Weiss and Satterwhite's double LP, Love Will Find a Way Home, which remixed Patricia's voice into electronic beats.



Satterwhite is a self proclaimed former social butterfly, and fingerprints of that identity are evident in his earlier films. "My work is so labor intensive that I had to find a way to combine work and play, so I would carry my green screen to the parties and shoot my eclectic community of rich queers," he recalls, then adds, "Not in terms of money, but rich in spirit!" Once he hosted a party for Grindr at the Standard Hotel and filmed nonstop for eight hours, another time, he brought his camera to a party on Fire Island. "Sex workers, trans party kids and museum curators all came together—the parties were a part of the work."

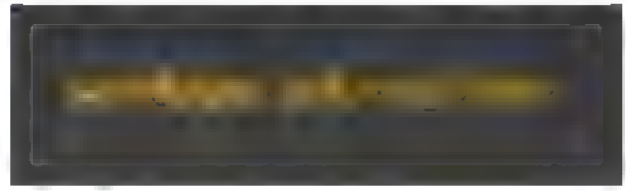
nsta lation view of We Are n Hell When We Hurt Each Other at Mitchell- innes & Nash, New York; © Jacolby Satterwhite; courtesy of the artis, and Mitchel- innes & Nash, New York; photo: Dan Bradica

Although his community has long been a source of material, his latest work is a reaction to a very different moment: now. "Sexuality was always there to help me build a climate of tension, but this time, it's not sexual," the 34 year old says, referring to recent months of political unrest and mandatory isolation. His inclusion of Hardison and Hynes captures a moment of creative activism amid social turmoil, portraying a landscape in which Black females bloom, "and they're immune to any danger, illness or civil threats."



S from We Are n Hell When We Hurt Each Other, 2020; © Jacolby Satter- white; courtesy of the artist and Mitchell- innes & Nash, New York

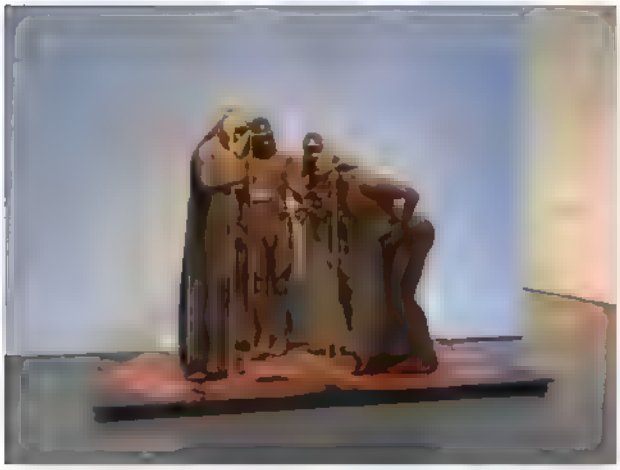
The past few months of isolation have occasioned a new contemplation of Satterwhite's queer experience too. Talking to potential dates on Grindr for months without meeting in person has given him another perspective on intimacy—one that seems to permeate the new film. "I've really gotten to know people through texting or DMing without an end plan," he admits. "When there's so much risk involved with physical intimacy, you have to value this sacred experience."



We Are In He When We Hurt Each Other, 2020; neon; 7 5/8 by 90 by 2 1/4 nches; Mitche- innes & Nash

For Satterwhite, life and work have always been about orbiting within a queer solar system—and, as with all circularities, motion is a constant. Sometimes movement happens in the flesh, sometimes it's digital, sometimes the gesture of an arm or the sound of a mother singing is all it takes to be transported to a better world.

Patricia Satterwhite, We Are in Hell When We Hurt Each Other, lyrics sheet, 1998; graphite on paper; five sheets, each 11 by 8 5 nches

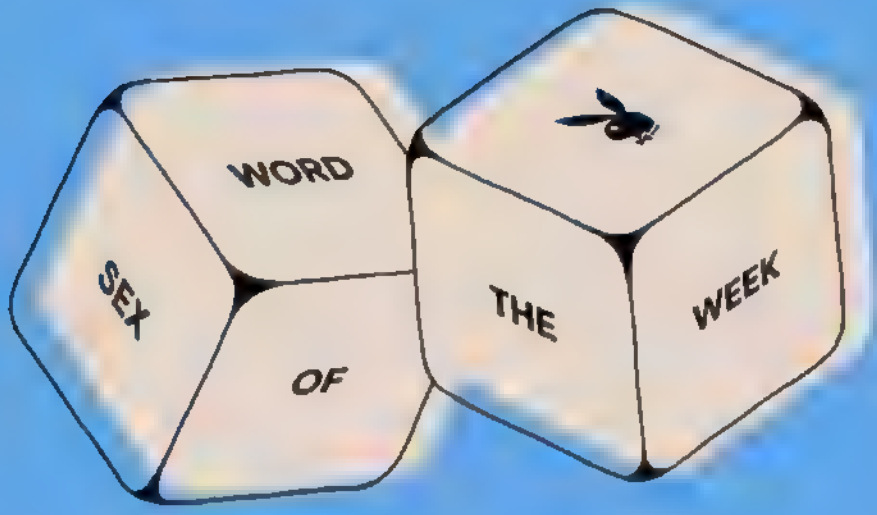


Jacolby Satterwhite in collaboration with the Fabric Workshop and Museum, Philadelphia, Room for Doubt, 2019; five-channel HD color video, insulation foam, expanding glue, resin, fairing filler, plywood, faux leather vinyl, double-faced chiffon, polyester rope, thread, automotive paint and inkjet print on synthetic cotton, 93 by 96 by 96 inches. Mitchell-Innes & Nash

Installation view of We Are In Hell When We Hurt Each Other at Mitchell-Innes & Nash, New York. © Jacolby Satterwhite, courtesy of the artist and Mitchell-Innes & Nash, New York, photo: Dan Bradica

We Are In Hell When We Hurt Each Other, 2020; wicker peacock chair, plastic plants, shag rug and HD virtual reality video with sound; dimensions variable

Installation view of We Are In Hell When We Hurt Each Other at Mitchell-Innes & Nash, New York. © Jacolby Satterwhite, courtesy of the artist and Mitchell-Innes & Nash, New York, photo: Dan Bradica



X-Cross

WR TTEN BY
ANITA LITTLE

LLUSTRAT ONS BY
KATIE BAILIE

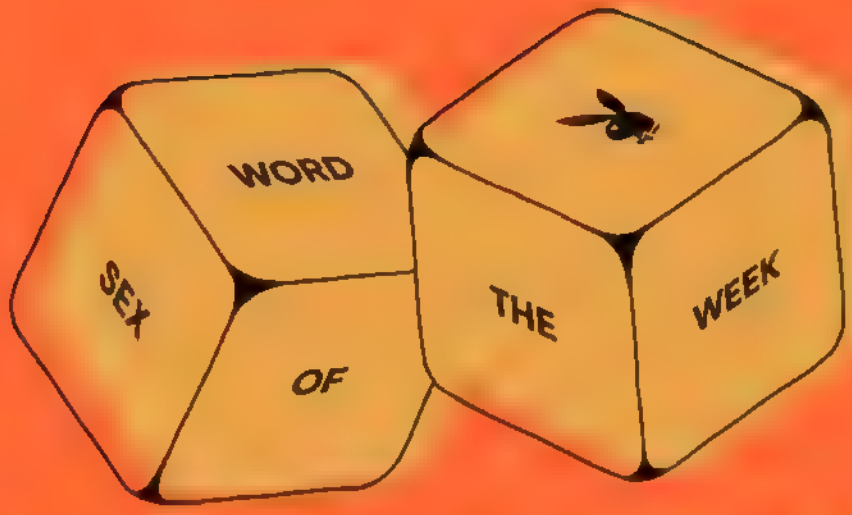
If your libidinous mind can imagine it, there's probably already a term for it

X-cross (*n*) a piece of equipment popular in BDSM dungeons that is used to restra n a submissive s ank es and wrists n an upright spread-eag e pos t on.

The domme tightened her sub's imbs to the X cross, eaving him bound, he p ess and incred b y turned on

Though the X-cross, also known as a Saint Andrew's cross or salture, is quite common in BDSM dungeons around the world, the equipment gained mainstream notoriety in the 2011 erotic novel Fifty Shades of Grey, when it's used to secure the hapless Anastasia Steele. This piece of BDSM furniture is usually metal or wood and comes in the shape of a vertical diagonal cross. The subject's wrists and ankles are splayed and tied to the four posts, allowing the subject to be teased with whips, flogs, crops or the domme's bare hands. For those craving a more intense experience, some X-crosses can even be made to spin on an axis. (Who wants to play Wheel of Fortune?)

The image of someone trapped on a diagonal cross has Christian origins, as it's believed that's how Saint Andrew, the patron saint of Scotland, was martyred. When he refused to stop spreading the teachings of Jesus Christ, he was sentenced to death by crucifixion. Believing he wasn't holy enough to die in the same manner as Jesus, he asked for his cross to be turned sideways. Centuries later you have a brutal torture device that has been repurposed for both pain and pleasure



Spectrophilia

WRITTEN BY
ANITA LITTLE

ILLUSTRATIONS BY
KATIE BAILIE

If your libidinous mind can imagine it, there's probably already a term for it

spectroph·i·lia (*n*) an intense sexual attraction to ghosts

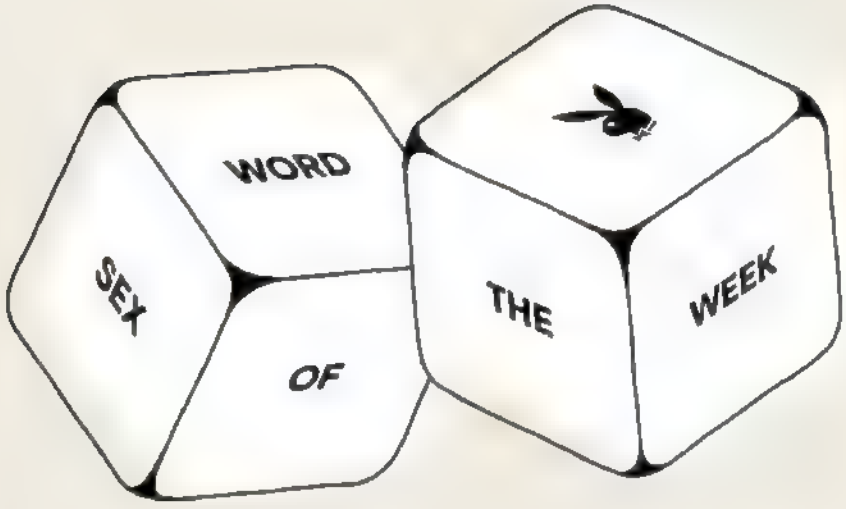
Although none of her friends believed her and dismissed her as a hopeless spectrophile, Mandy knew the sexual encounter she had was real—and with a spirit from another realm.

Remember the spooky whoo-ooo scene between Patrick Swayze and Demi Moore in Ghost? Oh, I bet you do. It's one of the most sensual and erotic movie moments ever, and half the romantic allure was even among the living. If you felt yourself get a bit tingly while watching, you're not alone in the slightest.

Spectrophilia describes sexual attraction to or paranormal sexual encounter with ghosts and spirits. That's right: ghost sex. This fetish may seem a little out of this world, but there are plenty of loud and proud spectrophiles out there who claim to have fallen in love with ghosts or gotten down and dirty with those on the other side of the veil. The most notable example was when pop star Keshia made headlines back in 2012 when she told Ryan Seacrest on his radio show that she had hooked up with a supernatural being and thoroughly enjoyed the spooky tryst.

Many spectrophiles report experiencing ghost sex as a vivid dream-like state, falling asleep, or waking up. This description has led some experts to say spectrophiles are actually experiencing sleep paralysis, which is characterized by an inability to move and sometimes hallucinations and intense physical sensations.

Spectrophiles stand firm in their beliefs, however, with entire online communities dedicated to the fetish. Despite a lack of empirical evidence, ghost lovers aren't going anywhere—the phenomenon has been ghosting (yeah, we're using that word) around since Halloween.



Prone bone

WR TTEN BY
ANITA LITTLE

LLUSTRAT ONS BY
KATIE BAILIE

If your libidinous mind can imagine it, there's probably already a term for it

prone bone (*n, v*) a sex posi tion 'n which a woman es comp ete'y f at on her stomach wni e a man penetrates her vagina from behind

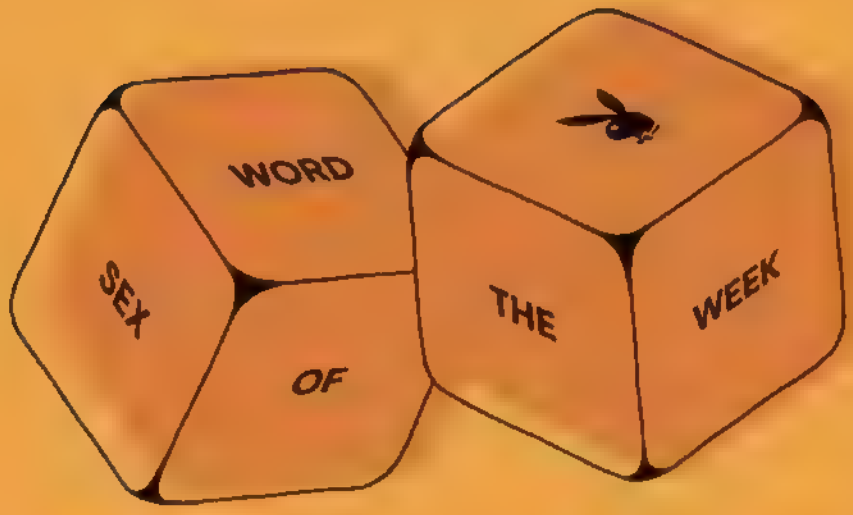
Carrie flipped onto her stomach as Jackson eager y stradd ed her—prone bone a ways made them both c imax w thin minutes.

Doggystyle is a tried and true classic. Although it will always be a fan favorite, romantics say one drawback is the lack of intimacy and physical closeness. There's not as much body to body contact as with positions such as missionary, you don't get to face each other and there's little opportunity for eye contact—unless the receiver is extremely flexible.

We would like to introduce another rear entry position that combines the best of doggy and missionary: the prone bone. This position, also known as the flatiron, consists of the woman or vagina-owner lying on her stomach with her legs straight and her hips slightly raised. The man or penis-owner then rests on top of her, penetrating her vagina from behind. There's increased sensation for the person on top since the position naturally squeezes the vagina together, making for a tighter feel, and there's more control for the person on the bottom since they can direct the depth of penetration by lifting or straightening their legs.

This position is a nice switch-up if you enjoy the primal nature of being taken from behind but desire the warmth and coziness of your partner's full weight on top of you. And for well-endowed men who are worried about causing discomfort for their partner, this position is perfect if you want to avoid hitting a woman's cervix. (PSA: Getting your cervix pounded is not a pleasurable experience for most women.) In other words, it hits all the right spots while missing the wrong ones.

And a final plus? Prone bone is a very easy transition into anal or just post-coital spooning depending on how young the night is.



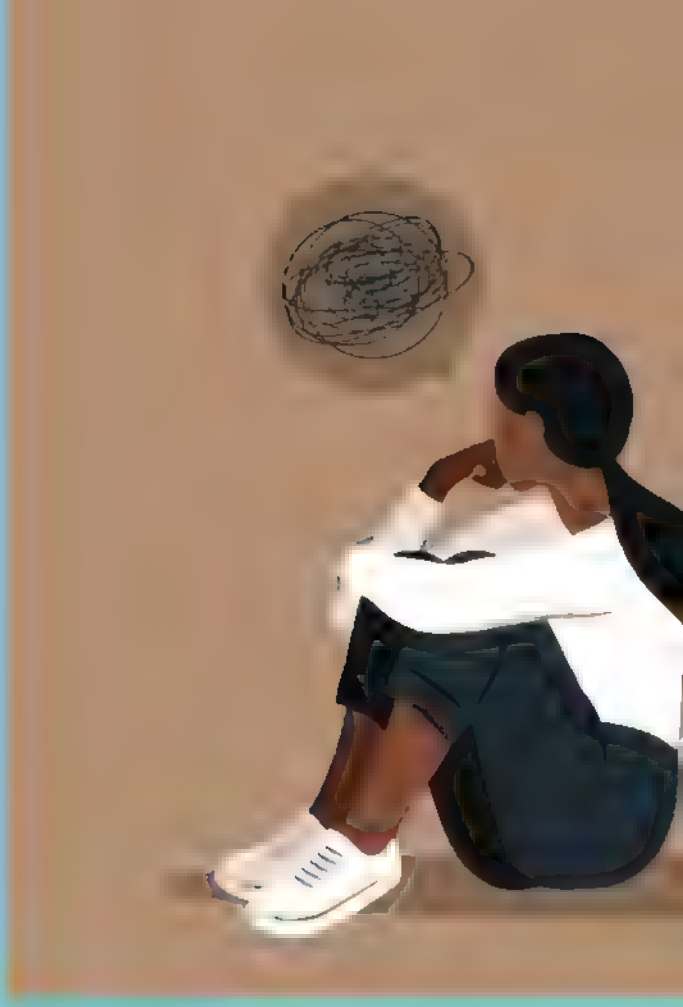
Clowning

ANITA LITTLE
KATIE BAILIE

If your libidinous mind can imagine it, there's probably already a term for it

Relationship Riddles

The truth and other lies



I was fortunate to grow up exposed to some of the best cop programs ever. The immortal lines of those TV detectives were pure gold. "Book 'em, Danno!" (Steve McGarrett, Hawaii Five-0), "Elementary my dear Watson" (The adventures of Sherlock Holmes), and, my all time favorite, "Just one more thing" delivered so brilliantly by Lieutenant Columbo.

Who hasn't watched a police series, especially when the suspect is being questioned, and thought, 'I can do better than that!'? If you have then you are probably right as TV has created an illusion that police interviewing is somehow an adrenalin charged game of cat and mouse devoid of any legal safeguards. The reality is that real life police interviews are pretty laborious, often foreseeable and lack the excitement that many amateur sleuths associate with this discipline. How confidently can I say this? Well, I'm an ex senior cop and have since specialized in the post graduate research of investigative skills.

However, I would like to take this opportunity to blow away some of the many myths and legends that surround this subject and give you the heads up on how easy it is to develop a pretty robust skillset in a matter of moments enabling you to improve your critique of the pretend cops but perhaps better still apply it to the domestic investigations that you encounter on a regular basis. For example, kids fibbing, things not adding up with a partner or even a workplace issue that you are managing. I will commence with the presumption that you are a pretty effective interviewer already without even knowing it. If you like talking then you are almost there!

Initially though let's debunk some of the crap that circulates about this not so dark art. Getting to the absolute truth of the matter is, at best, whimsical. Firstly, the truth, like beauty, is in the eye of the beholder. In the same way that history is written by the victors, a suspect will create their own narrative. Sensory perception will also affect what people recall and the importance they place on something. Two people looking out of the same window will inevitably note differences. As William Christopher, a partner in Kingsley Napley, London, once said to me, "There are '6 truths'; Truth perceived by the defendant, truth articulated by the defendant's counsel, truth perceived by the victim, truth stated by the prosecution, truth maintained by the jury and, of course, the truth itself." So, if you are seeking the 100% copper-bottomed truth then please think again because it isn't going to be forthcoming. Getting somewhere close to the truth is, however, achievable. More of that later.

Secondly, all democratic criminal justice systems have a legal safeguard against self-incrimination. In other words, the right to silence. For example, in the UK the police caution reminds all suspects of this legal right. Sure, it may harm the defense of an accused if they do not mention when questioned something which they later rely on in court but that doesn't undermine the fundamental right to say absolutely nothing. The historical context of this protection dates back to the times when the common person was considered too thick to understand the gravity of an alleged crime and needed to be represented by someone a lot smarter. From personal experience, I can testify that many real life police officers struggled with this concept since very often the follow up narrative to a successfully delivered caution were various incentives to deviate from this rule of law including, for example, "This is your opportunity to tell us what happened" or even coercive statements that are wholly illegal. I never tired of the look of astonishment on some officers faces that after four repetitions of the caution (on arrest, notice when in custody, advice by the duty solicitor and prior to the first question) some suspects actually decided to say fuck all! So, if someone decides to opt for this route how the hell can you get any account (truthful or otherwise) unless that is you beat it out of them? Just for the record this is unlawful too.

Thirdly, despite many of us claiming that we can sniff out a liar just by looking at them we are actually pretty crap at this! Eyes up, down, to the right or left, scratching the nose, shuffling in their seat. Yes, even I believed that bollocks at the commencement of my law enforcement days. As a newly promoted Sergeant, I recall opening the heavy cell door at High Wycombe to remove a prisoner for questioning. Of Indian heritage, the young man immediately rose to his feet and looked directly down at the floor. 'Ah-ha a liar! How clever was I?' It was only when a wise sage informed me that this was a cultural response to authority that I felt like a pillock.

50 years of lie detecting research have concluded that our ability to detect deception by observing behavior and listening to speech has a 54% success rate (Vrij et al, 2011, p. 28). Marginally more than tossing a coin. The jury is still out on the use of polygraph tests too. Although many people believe that the use of this equipment in the U.S. is mainstream only 23 of the 52 states

employ it and 5 of those mandate that both prosecution and defense must agree beforehand. If you are, like me, susceptible to a nervous twitch if anyone or anything comes within a whisker of your asshole (polygraph sensors are attached to various parts of the body including the abdomen) then naturally elevated stress levels will provide a false positive.

To round this nonsense off I must give some credit to a guy who shall remain nameless (although if you ever meet me and ply me with copious amounts of alcohol I may crack and tell you) who made the most ludicrous claim ever. His golden rule was never to ask a question that you don't know the answer to. Can you imagine applying that to, for example, a murder investigation? "Where have you disposed of the body?" Doh! What a complete brain donor. Believe me, there are a lot of them about masquerading as professionals. So now let's look at planning your interview, predictable dialogue, and how we can easily improve our questioning skills and ultimately reach a more reliable decision.

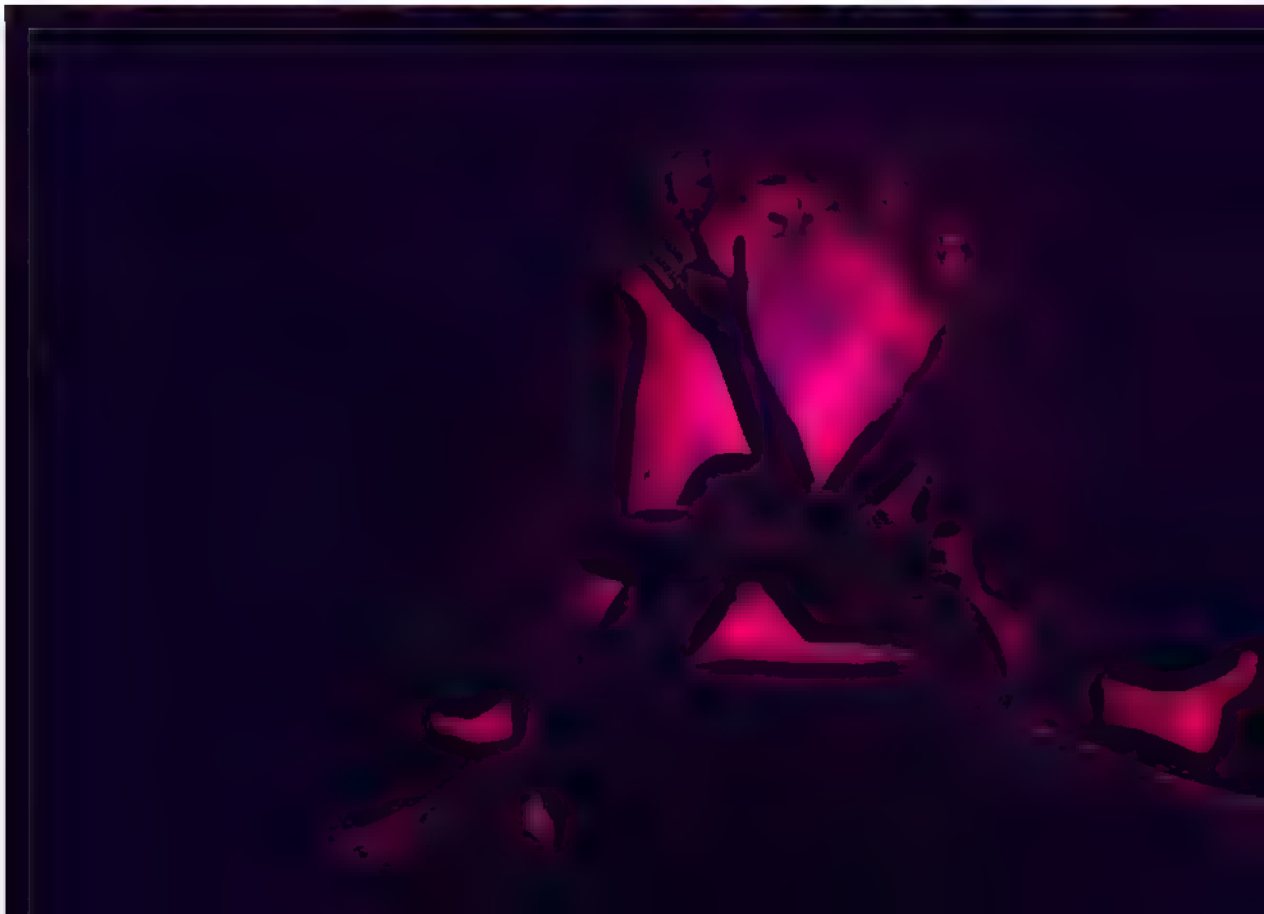
In all approaches separate as best you can your interview plan into as many separate themes as possible and jot them down on a piece of paper. When undertaking a domestic investigation try and commit them to memory as appearing to be unprofessional, sloppy, and unprepared has many advantages. Ideally, you want the suspect to think that you aren't primed and that they have the ascendancy. Your role model should be Lieutenant Columbo. Let us use this case study where you suspect that your partner wasn't actually at a business meeting that particular evening. Your themes would be: pre-meeting, meeting agenda, location, participants, outcomes & conclusion. This simple methodology can be duplicated for all future investigations too.

People communicate in very predetermined ways. In fact, 4 modes, they can be honest, lie, say absolutely nothing, or choose a mixture of all three. As an interviewer let's be predictable too. In my professional opinion, the primary objective is simply to ask questions. Rudyard Kipling nailed it when he said, "I keep six honest serving men (they taught me all I knew), their names are What and Why, When and How and Where and Who." In short open questions.

I frequently ask delegates on the workshops that I facilitate to rank those choices in order of perceived difficulty, excluding the mixture since if you can deal with the other three, by definition, that outcome is a fait accompli. Silence always comes top followed by lies, then the truth. I counter this since an uncooperative suspect is the easiest, a liar is the most fun and truth is the toughest. Absolute silence is, in my experience, as rare as rocking horse shit. Typically, the interviewee will be compelled to grunt something usually 'no comment', 'I can't remember' or similar non-committal responses. I acknowledge that this will piss any interviewer off, but this is the time to keep your cool and launch the full range of Exocet Mr. Kipling missiles, those beautiful, simplistic yet highly effective open questions.

I recall being asked to review an interview of a particularly nasty suspected robber who had preyed on old ladies collecting their pensions and was later acquitted at court. In the first taped interview, conducted by an experienced detective, he made no comment as was his constitutional right. Towards the end, I could detect the bubbling anger within the copper's vocabulary and tone. In the second interview, this spilled out into a barrage of statements that disclosed that he knew the suspect was guilty as he was seen by several witnesses at key locations wearing specific clothing. Again, the suspect said nothing in response. Surprisingly, there was a third interview requested by the suspect's solicitor. On this occasion, the suspect found his tongue and graphically explained how the robberies had taken place. At court, his defense team successfully persuaded the jury that all the suspect had done was simply repeat back to the officer what he had blurted out in the second interview.

In our case study, your opening statement would be: "Tell me about your business



meeting" then simply listen. Let us imagine that on this occasion your suspect chooses the silent route and adopts a mafia style composure. Don't fret, just ask open questions about each theme in turn [pre meeting]: 'Where were you beforehand?', 'Who was with you?' 'What did you talk about?', etc. ensuring that after each question you pause (imagining that the other person is responding). The power of the pause can be deafening. To really confuse them frequently thank them. Thanking someone for being uncooperative and saying nothing or little at all is a legitimate way to burden the other side with the stress Remember that your primary objective is simply to ask questions By maintaining this patient and repetitive formula I have witnessed even the most daunting suspects of a hitherto fixed mindset to simply crumble part way through and admit their deed. However, at the conclusion, and assuming they have on this occasion been wholly evasive and non-committal, we can make a better-informed decision on whether we believe them or not. But more of that in a moment.

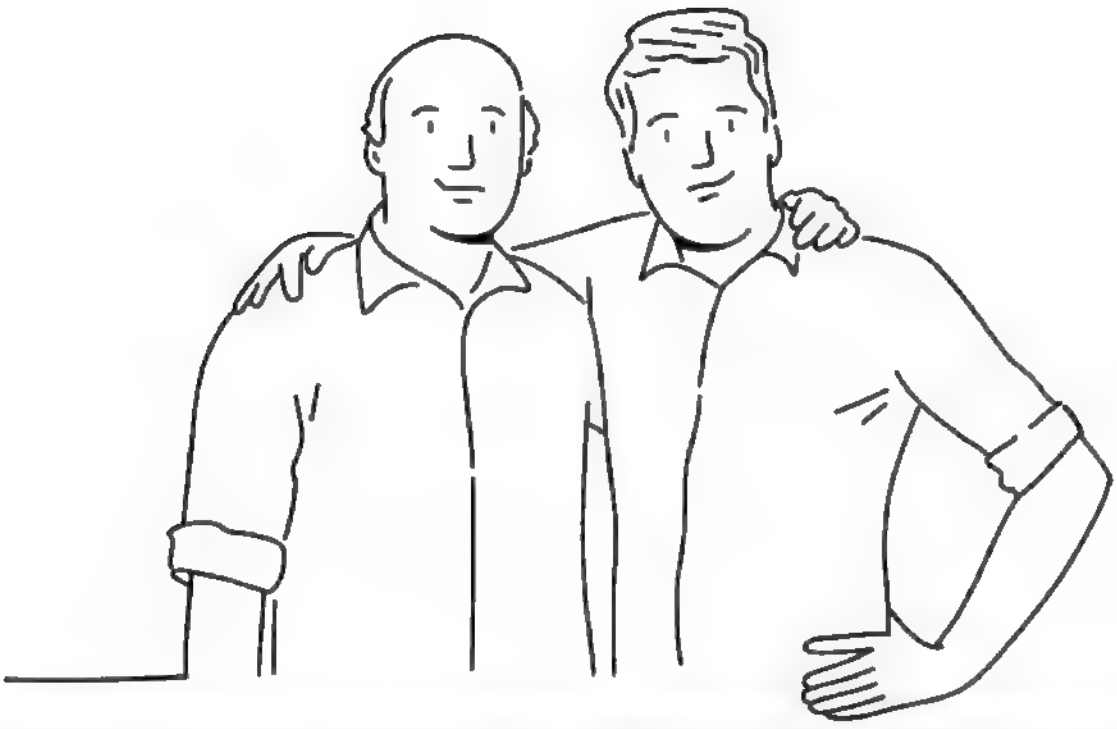
On to my favorite: the liar Typically, a liar will be reasonably honest in response to the themes that aren't that threatening. In our working example perhaps the meeting agenda (that, notwithstanding they were never there, would be easy to describe based on previous ones) What a liar will often do is put distance between themselves and the scene of the crime. So being elsewhere they will create a narrative that can be their undoing. Thus, having said they were at a business meeting you can have great fun by putting a nuclear bomb under the themes of location, participants, and outcomes. Your ability to explore these issues with open questions far outweighs their ability to lie. For instance, what room were you in? Where did you sit? Who did you sit next to? Who was sitting directly opposite you? What were the agreed outcomes? What actions did colleague X end up with? etc. At the conclusion thank them and summarise back to them the lies They will readily nod in agreement, thinking that you have swallowed this hogwash, until you tell them that you will check out what they have said That's when the house of cards will usually topple over. Even if they have tried to cover their tracks with an accomplice their collusion can never be more effective than your ability to ask open questions

Finally, the truth Often hard to deal with as by virtue of initiating an interview your suspicions are already raised. Also, the truth can often yield unexpected consequences that, on reflection, you may have wished to avoid. Having said that, continue with the standard formula and keep asking those wonderfully powerful open questions If the accuracy of the account can be validated by simple cross referencing then you can be reassured that it's probably nothing to worry about.

Deciding what is more likely to be factual and what isn't requires a decision making tool For those in the criminal justice system that burden of proof is pretty damn high Beyond all reasonable doubt requires a certainty in the region of 95% Yet most of you reading this piece won't be a cop You will be the reasonable person sitting on the sofa trying to reach an outcome that doesn't rely on the slide rule accuracy of a Judge led inquiry and here I can offer you a pragmatic solution. The civil burden of proof engages with the notion of the balance of probabilities. In other words, is it more likely than not that whatever you are reviewing has happened? As I refer to it, the 51% rule A good example of the distinction between the two was highlighted in the prosecution of the former actor and sportsman O J Simpson in America. In The People of the State of California v. Orenthal James Simpson, the defendant was charged with the murders of his ex wife Nicole Brown Simpson, and her friend Ron Goldman. The Jury was not convinced that the bar for conviction had been reached and he was acquitted. The 95% rule failed. Latterly relatives of the deceased filed a related suit against Simpson in which the civil court found in favor of the plaintiffs. The 51% rule succeeded

In conclusion, before you unleash your newfound skills of investigation please bear in mind one crucial thing Wait until you have, at least, a hint of suspicion. A perspiring partner may just be hot. A child who looks nervously towards the ceiling may have just seen a spider. A colleague whose voice unexpectedly falters mid sentence may have a touch of indigestion. Of course, if your patient application of the standard approach yields a result then there is only one final thing to say "Book 'em, Danno!"

TWO
STRAIGHT
GUYS
HAVE A GAY
TIME IN THE
COUNTRYSIDE.
BY IAN KIRKE



COVID-19 has forced many of us to reconstruct our leisure time. West End shows have been replaced by a slow shop in Waitrose whilst the car boot experience has been substituted by a meander around Aldi. The centre aisle of the budget supermarket is a cornucopia of chattels from mini flamethrowers to violin cases and the odd special – a shower curtain with inbuilt xylophone! Outdoor exercise has become the principle national pastime and our parks and open spaces have never seen such regular activity.

As the UK restrictions eased the trigger dates have celebrated the much-needed association with others. My bubble needed bursting and when a friend called and asked if I wanted to accompany him on a walk in the countryside, with water and a pub nearby the answer was heartily in the affirmative. So, two guys in their fifties with more hair on their backs than on their bonces checked out the weather and plumped for a hot one. When we excitedly shared our plans to our nearest and dearest a strange, yet consistent, commentary erupted around us. "Enjoy your date with your bum chum!" And, as the days ticked by, I was eventually labelled with the infamous insult, first launched by Will in the Inbetweeners, "Bumder!" Blimey! I was only going for a frigging walk!

When I met up with my friend Chris, he disclosed that even his daughters had asked him to explain why he had chosen to spend time with me, in the open whilst deciding to wear natty shorts and a pair of expensive shades. Even his ex-wife text him and said, "Who would have thought that you would be spending a romantic time with Kirkey when I was looking after his pussy!" Just for the record she has adopted my cat. We both laughed, but even our thinking had been disturbed by this onslaught of innuendo as we decided not to sit together on a two-seater bench. Would the same connotations have been so immediately connected to a couple of ladies who had sought company on a stroll? I can't recall any occasions when I had to remind the women in my life to slip a strap-on into their shoulder bag. And what experience did our teasers actually have of the gay scene?

When I was in the police, I vividly remember sitting down with my new boss who rattled through the names of my team on the Slough & District Police Area. "John, he's destined to become a detective, Jayne is public order trained, Dave is gay, and Leigh is a probationer." Without skipping

a beat Dave's sexuality was earmarked in the same manner as any other police discipline. Almost as if he had been on a four-week residential course at the force training centre to master the art of being gay.

My own latent prejudice came to the fore when I first met my new team and I instantly spotted Dave – the smartly groomed chap in a crisply ironed shirt. John wasn't that impressed, and my gaydar was thrown into a tailspin when I realised that Dave was the scruffy fucker who rarely went on patrol with a pen, let alone a hat.

Dave Gates, who sadly passed away a few years ago, became a close friend. He was funny, intelligent, rebellious, and fiercely loyal. The time I spent at Burnham, a substation within the greater Slough metropolis, was incredible, made even more memorable by the cosy chats Dave and I had, often on nights, in a patrol car or over a coffee in the custody block. I recall one conversation in which Dave openly argued that us heterosexuals made hard work of sex. He explained that when in a gay club if he saw a man who was his type, he would simply introduce himself and state his intentions. If both men were matched sex would inevitably follow. However, a mismatch would result in a cordial rebuff. He had a point! How terribly British I thought. I would have to buy flowers, cinema tickets and a meal, at least, to stand a chance of the same outcome. Although he did point out that straight and gay men did have one thing in common – we had to fancy our respective sexual partners. I never had the courage to ask Dave if he fancied me. Being straight doesn't mean that you can handle rejection any easier.

As Chris and I continued our wonderful saunter I knew that I didn't fancy him! But what we shared that day was far more important – an intimacy of conversation about life, children, relationships, and the universe without the pre-COVID backdrop of a packed pub, a football match, or other like venue to support this liaison. It suddenly dawned on me that us blokes often need the cover of an activity to talk, a trait that isn't so necessary for the opposite sex. It's when us men don't talk regularly, especially about the important stuff, that things can go horribly wrong as I reflected in my article about male suicide.

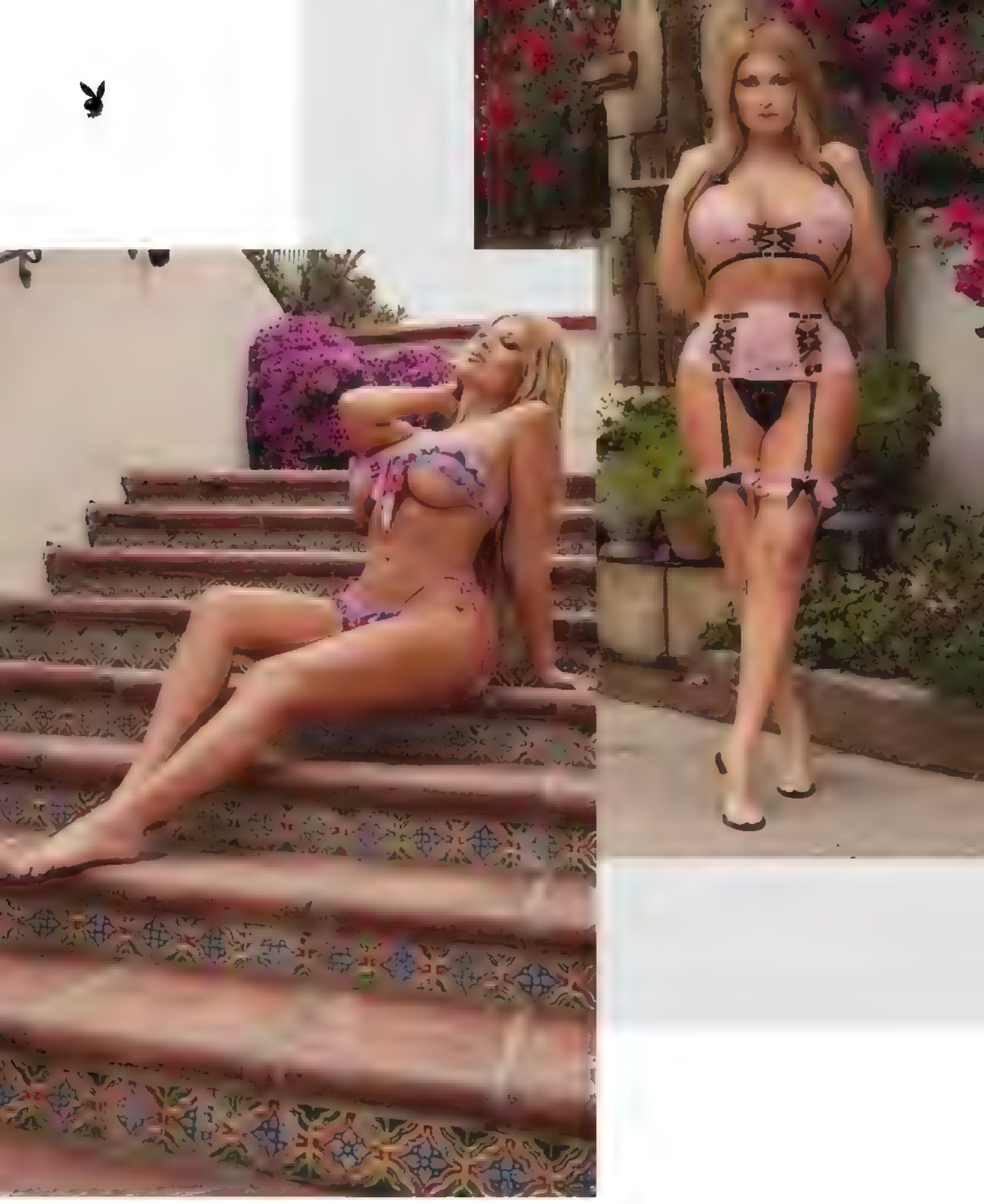
COVID-19 has been desperately destructive and cruel yet some of our new behaviours may well bestow upon us all a brighter future. I heard it said the other day that 'health is the new wealth' and our mental wellbeing is fundamentally fuelled by the need to talk and be listened to.

So ladies, if your fella decides to spend some time with another man it doesn't necessarily mean that they are intent on forming a Pet Shop Boys or Frankie goes to Hollywood tribute act. And men, it's good to spend quality time with other men without the need to get smashed, although ironically Chris and I ended the day with a glass of champagne!

Cheers to all you chaps out there!

I'm off for a ramble with Roger.

LISA
DANIELS



Happy to have you featured in Playboy! Can you give us a bit of a background on your career as a model and where it all started? My background as a mode actua y began when was 12 years old, do ng print modeling. t was a way for me to stay interested n something positive. My mother figured that if I was focused on modeling, I wou dn't be so "boy crazy" and it would keep me out of troub e Over time, mode ng turned nto a career and has taken me a over the wor d. 've been able to experience amazing people, cultures, and new opportunit es.

What are some of your best career highlights so far? Some career high ights of mine would nc ude becom ng a we respected mode in the ndustry. With over 16 years under my be t, 've had many high ights such as being inc uded in the Ha of Fame for the Urban X Awards n 2017, and even being featured as a character on South Park in the episode, Major Boobage. Being the contract mode for many amazing companies has ed to an abundance of opportunit es for myse f as an entrepreneur. And now, to become a Playboy cover mode definite y tops the list of high ights in my career.

Social media is a very powerful tool, given your massive following, what are some of the challenges you face when it comes to marketing your brand and maintaining a solid following? I've been using socia med a to market my brand s nce the MySpace era, but nowadays, 've found that there are some more cha enges, such as facing many restr ct ons on various social media p atforms. These restrictions that many mode s face on socia media tend to imit us on how we can show our bodies. Even a simp e bikini photo on the beach can be considered "too much" and could get removed out of nowhere. In worse case scenar os, sometimes our entire account cou d get permanent y banned which has happened to me and many other mode s. t's a frustrating task starting your socia media page over again when you a ready had a large fo low ng.

Can you give us breakdown of a typical day in the life of a glamourous model on set? Before a typica day starts, I make sure to get p enty of rest the night before the shoot. Proper sleep is cruc a to a mode's beauty and success, so it's priority. During the shoot, 'd have my own makeup artist with me on set, and 'd a so have a of my outfits arranged for that day. try to be very organ zed and prepared so that the shoot runs as smoothly as possib e. The photographer and wou d then discuss which backdrops we' be using, and then go from there.

What are some of the biggest misconceptions people have about what you do? There are many misconceptions that peop e have towards the modeling industry. Many might think it's a glitz and g am, but t does cost thousands of do ars a year to maintain. Our looks, whether it's treatment, makeup, or outfits, can a add up quickly. Not to mention, the dedication to ma ntaining physica fitness and a proper diet is just as crucia . We need to be photoshoot ready at a times. Mode ng certain y takes hard work and can be chal enging, so you really have to have a passion for it if you want to pursue it.

Now we know there are some pretty perks that come with being a beautiful woman, what would say are your favourite ones? True! There are many perks, such as not having to wait in lines at events or c ubs, and VIP bott e service! Whi e those are exciting perks, think that the greatest perk of a is being able to network often. get to meet and interact with so many creative and ta ented peop e, and this also means more potentia opportun ties in the future.

Given that you're a stunning woman who undoubtedly gets a lot of attention, what are some of the nicest things men have done to try and get your attention? We l, g fts are a ways nice, but I'm an ndependent type of gal and can buy my own things. However, some of the kindest things that have been done for me have a so been the smal est th ngs, such as being brought breakfast n bed, or taken care of when I wasn't fee ng wel . Be eve these sma efforts have so much more va ue.

What makes you feel absolutely sexy? What makes me fee sexy is when I'm wearing that perfect outfit, and can see a of my hard work from the gym is pay ng off. That makes me fee confident, and confidence is a ways sexy.

3 things that you can't go a day without? 3 things cannot go without wou d inc ude my ce phone, of course, my chapstick, and my purse!

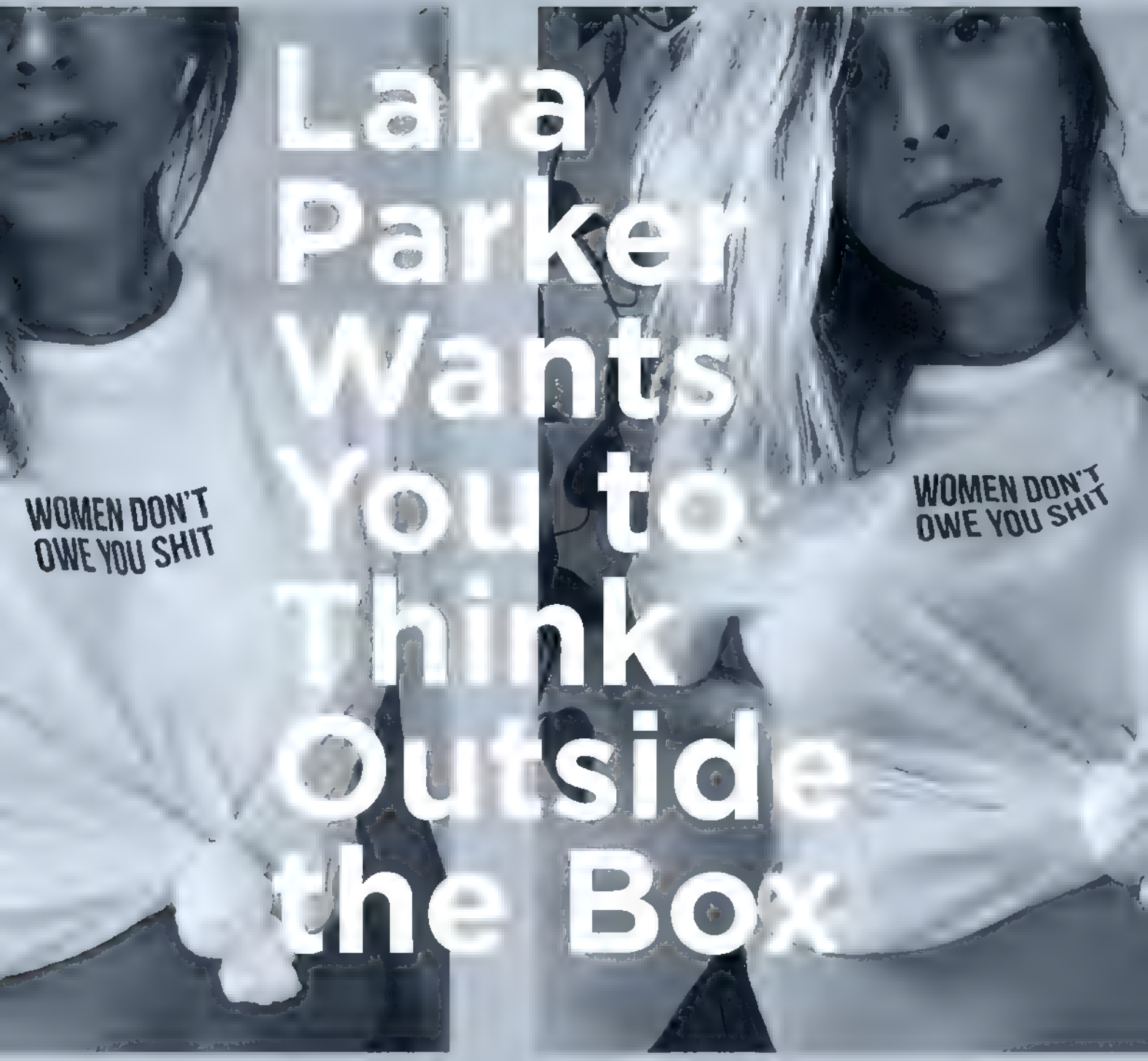
Anything exciting we should be on the look-out for coming through this year from you? have many projects in the works, as wel as some exciting endeavors such as my ngerie and bikini business, www.Ju cySins.com. That is my

main focus at the moment, but modeling remains my #1 of course

Where can our readers find out more about you and stay updated with your current events and adventures? The readers can stay up to date with me through my YouTube channel, "Dil nger Danie s 818", where I post my latest vlogs of trave and adventures in paranorma investigation. I offer a litt e bit of everything on that channe . They can also find me on nstagram, (@L SADAN ELS), Twitter (@LISADANIELS3), and OnlyFans com/LisaDanie s3

Thank you so much for sitting down with us and letting us get to know you! Any last words for our readers out there? I look forward to hearing from the readers and do my best to stay interact ve and connected with my fo owers. I hope you a enjoyed my cover feature on th s month's issue!

WOMEN DON'T
OWE YOU SHIT



Lara Parker Wants You to Think Outside the Box

What does hetero sex look like without penetration? The author of Vagina Problems talks to Playboy about how weed, nudes and radical self-love helped her reclaim pleasure after years of pelvic pain

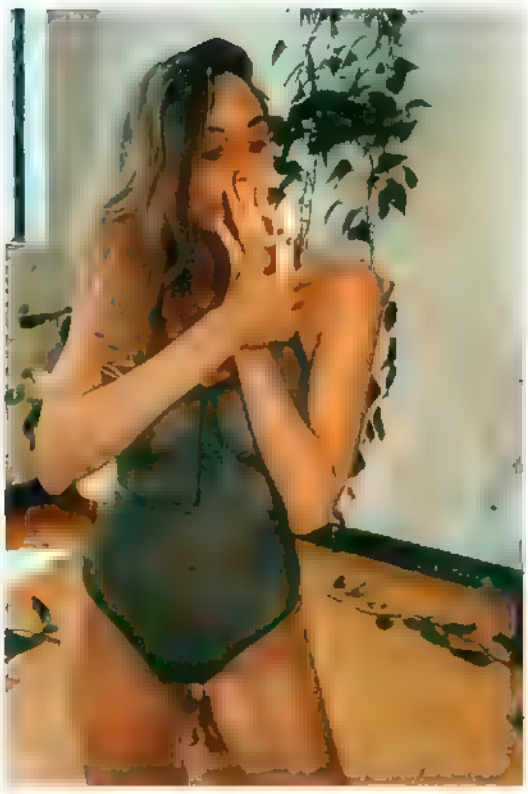
Brunch, that quintessential, unavoidable urban 20-something diversion, replete with watered-down mimosas and overpriced egg whites, used to fill Lara Parker with a profound sense of dread.

You see, brunch, in addition to being an opportunity to snap uninspired plate pics and hashtag them #foodporn, was also story time. The cultural script dictated that you regale your girlfriends with dramatic retellings of hookup conquests and sexual misadventures.

"Going to brunch and hearing friends talk about sex made me sick," Parker tells me from her East Los Angeles apartment. "I have vivid memories of getting up from the table and running away sobbing because I couldn't stand it. It was such a trigger for me."

As someone with "vagina problems," dating and intimacy used to be fraught areas for Parker. "Vagina problems," in addition to being the title of her highly anticipated book, was the blanket term she gave to the slew of pelvic floor dysfunctions she had combatted since puberty: Endometriosis. Vaginismus. Vulvodynia. Dyspareunia. The list went on—all words a layperson can barely pronounce on the first try, let alone spout casually over brunch. It boiled down to the fact her vagina often hurt, which meant that sex often hurt.

"I was in high school when I started to realize something was wrong," says Parker, who is now 29. p"I noticed more and more weird symptoms. My stomach was always swollen, and then when I began experimenting with sex it was really painful. After a while, things started to come into focus."



For things to come into focus, Parker first had to run a gauntlet of piss-poor sex ed, careless partners and dismissive doctors, all of whom would ultimately tell her the same thing: It's supposed to hurt. That is the popular refrain, right? If you're a straight cis woman attempting to engage in penetrative intercourse, especially for the first time, you should brace for pain. This messaging has inflicted damage on generations of women who have been gaslighted into thinking their problems aren't real.

Parker's book starts out plainly stating that roughly 50 percent of the world owns a vagina. Despite this, we barely know anything about it, while knowing almost everything there is to know about the penis. In what has to be a massive failure of medicine and incontrovertible proof of the sidelining of female sexuality, scientists didn't understand the full anatomical scope of the clitoris until 2009. Yes, you read that correctly.

Culturally and historically, we haven't cared whether women experienced pleasure during sex. So why would we care if women experienced pain during sex?

"My entire self-worth was tied up into my ability to have penetrative sex. I didn't realize how much that really did affect my self-esteem. I wanted to reclaim that."

"Sex education is just absolutely failing everyone, all of us, not just people with vaginal problems," Parker says. "Women are expected to live with a certain amount of pain, and that pain is not something people see as an issue. There's a lot of normalizing, a lot of shrugging of shoulders."

I found Parker almost five years ago when my own vagina problems sent me down an internet rabbit hole of trying to figure out why sex was so difficult for me. Despite being a sex editor at Playboy, for a long time my own sex life was mired by what I perceived to be personal failures. Similar to Parker and countless women who have experienced pain during sex, doctors had told me the solution to my issues was p"learning to chill" or "lubing up more" or "having a few glasses of wine first."

Once you delve into the stats, you realize how common these issues are—despite what the absence of care and treatment around the problem would lead you to believe. According to the American College of Obstetricians and Gynecologists, three out of four women will experience painful sex in their lives. And endometriosis, the abnormal growth of tissue outside the uterus that impacts almost 200 million women worldwide, has no cure. For some, the pain is short term, for many others, including Parker, it can be chronic. She had tried everything: dilators, physical therapy, hormones and even out-of-pocket surgery, but relief remained elusive.

After a lifetime of being told not to talk openly about sex and to just accept discomfort and dissatisfaction, Parker had enough. Now you couldn t get her to shut up about her vagina. In her day job as an editor at Buzzfeed, she began documenting her journey through

personal essays ("Learning to Love Life Without Sex"), experiential narratives ("I Traveled 3,000 Miles to Treat My Endometriosis With Lasers") and, of course, the requisite listicle ("Sex Is Painful for Me—These 9 Things Help")

Suddenly, what was formerly private turmoil and doubt gained an audience and found resonance. Strangers began writing to her sharing their own vagina problems and how ignored they felt by the medical community. Her online following slowly grew as she became a go-to expert with experience living with vagina problems. Although it wasn't her plan from the outset, she became the poster child for pelvic pain.

"It started out as just me sharing my life. Then when I realized I was becoming an advocate, for better or worse, for these illnesses, I really wanted to do it justice," Parker says. p"I'm a thin white woman with an immense amount of privilege, so if I can get on my Instagram and talk about things other people might not be able to, it helps to normalize living with pain."

Her Instagram is equal parts educational and unblinkingly intimate, filled with thirst trap fodder interspersed with diary-like entries about what it's like to cope with chronic pelvic pain. Posting sexy nudes online has become almost therapeutic for Parker since she divorced her body from her sexuality for so long.

"It's definitely part of my self-care regimen," she says. "My entire self worth was tied up in my ability to have penetrative sex. I didn't realize how much that affected my self esteem, to the point where I did not feel sexy in any way. I wanted to reclaim that."

After I realized we had once shared a surgeon, I slid into her DMs, seeking to quiet my own neurosis that shadowed me after years of dealing with uncomfortable sex. This led to multiple conversations, during which we talked about what pleasure means, the seemingly arbitrary definition of sex and, ultimately, what we owe to ourselves.

Thankfully, the idea of sex being a penis going into a vagina feels more and more outdated when one thinks of the myriad ways the human body can experience pleasure. Knocking penis-in-vagina

sex off its pedestal makes room for LGBT couples, differently abled couples, single people, asexual people and those who deal with physical challenges such as pelvic pain or erectile dysfunction. It allows us to engage our imagination and think outside the box, figuratively and literally. The emphasis on PIV has come at the cost of exploration and expanding our bodily knowledge.

This feels especially true considering the typical length of PIV sex is around five minutes, and the majority of women don't orgasm from it. Who decided that an exercise that almost always results in a male orgasm and rarely a female orgasm was the definition of sex? (Hint: It wasn't a woman.) Many of us have to do the work of unlearning what we've observed about pleasure in the past and find new ways to think about sex. Human sexuality is so complex that limiting it to a single act feels like self betrayal. Our sexuality is unique to us, and it's up to each individual how they express it.

"The biggest healing point for me was to realize I can still have sex, I just can't do penetrative sex because it's painful at the moment," says Parker, who is now in a long term hetero relationship. p"We need to expand the idea of sex to include anything that makes you feel really good or intimate with your partner or partners. That could look like taking a hot candlelight bath with your partner, or doing side by side mutual masturbation, or just laying with one another and holding one another. It can be a naked hug. As long as both parties are getting something out of it, I think sex is whatever you want it to be."

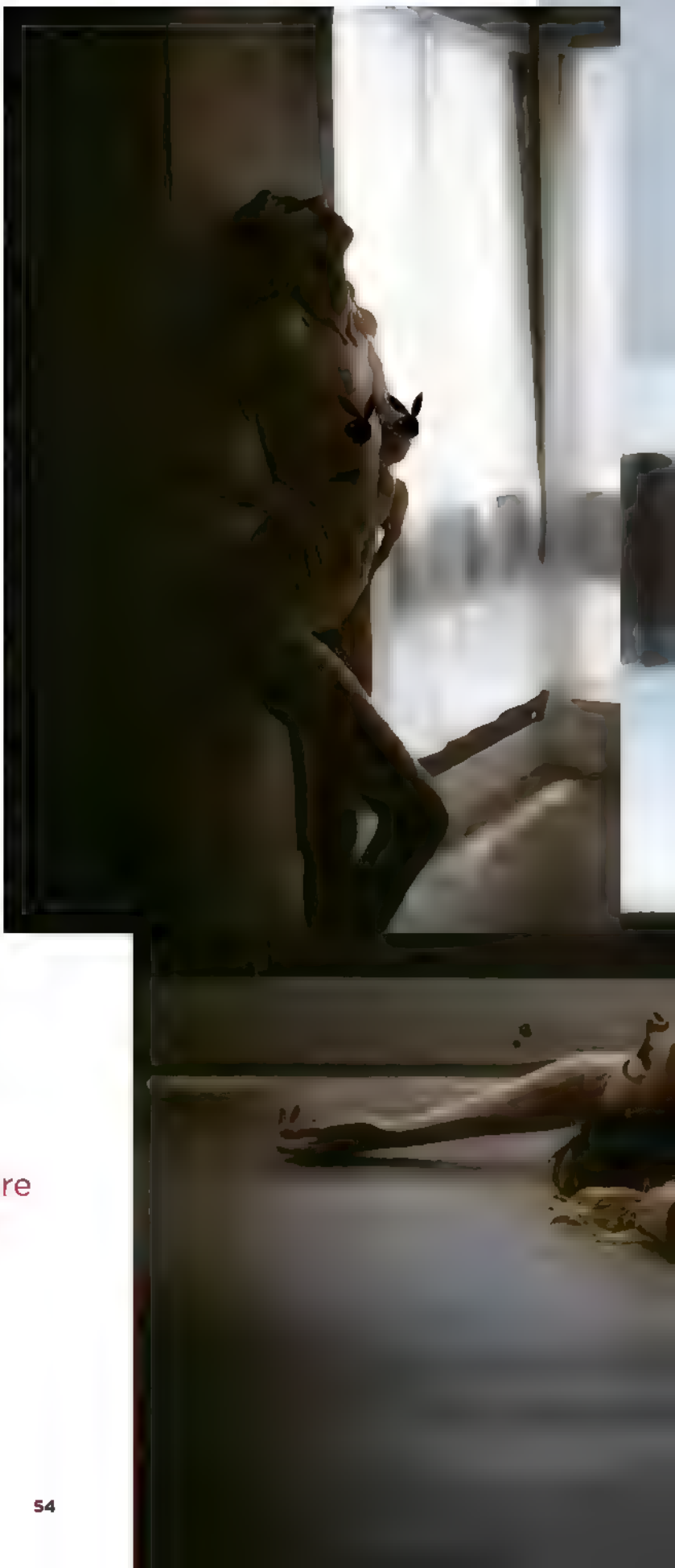
This was something that took years of dating in the swipe happy no man's land of L.A. to learn, and it's what ultimately freed Parker from a pattern of insecurity and self blame. Her discovery of cannabis in 2015 was also a factor in pain management and reducing anxiety. She now consumes some form of cannabis daily, whether it's THC or CBD, and credits it with giving her back her sex life more than the cost prohibitive and ineffective prescriptions and surgeries she had previously.

Although Parker has learned to fully accept herself and her body, she still has moments in which she desires penis in vagina sex.

"There's this part of me, usually on a bad pain day, where those thoughts creep in, and I really wish I could give my partner, who is a straight man, the experience of having penetrative sex with me," she says. "I want that for him, but I also want that for me."

But it no longer anchors her self-worth. On her journey with vagina problems, Parker has decided there is no p"real sex" or "normal sex." Pleasure is what we make it.

"There's many, many more days where I don't even think about it, and it doesn't even cross my mind as something I can't do because I found other ways to explore intimacy," she says. "If I feel good in my mind, body and spirit, who cares? So much of life is about meeting yourself where you're at, and sex is no different."



Parker has decided there is no "real sex" or "normal sex." Pleasure is what we make it.

ELDERS

How Dr. Joycelyn Elders *Changed* America Before It Was Ready

More than 25 years later, we're finally heeding the pro-masturbation, pro-legalization call of the first Black female surgeon general

PHOTOS BY LENNOX MCLENDON/AP/SHUTTERSTOCK

No matter which fundamentally American ineptitude is broached with Dr. Joycelyn Elders, she will pivot the discussion to one core injustice: misogyny. Education? Leaves women uninformed of their sexual empowerment. Health care? Overlooks basic female needs. Racism? Much worse when it intersects with female gender identity. Reproductive rights? Don't even get her started.

For Elders, the first Black female surgeon general of the United States, all roads of inequity have always led back to the mistreatment of women. Statistically, she has a point. That women account for almost half of the world's population and are still yet to secure their own liberation seems unfathomable, if we're going to treat systemic inequity at the root, it's worth starting there.

Although that concept has taken generations to grasp.

By the time Elders reached Washington, D.C., the Arkansas endocrinologist had already lived through several waves of feminism. In the 1960s, Elders witnessed women blanch when she was recommended by colleagues. The 1970s and 1980s brought to her office a carousel of female rape survivors, many diabetic and pregnant because they had no awareness of or access to contraception. As one of the few Black female academics in Washington during the early 1990s, Elders decided empowering women medically would be her highest priority.

That mission came at too high a cost. After advocating for further research into drug legalization's effect on crime and the impact of birth control accessibility in schools on teen pregnancies, Elders was forced to resign in 1994 for offending the White House one time too many. The back-breaking straw? She proposed that masturbation might prove effective as a way to combat the spread of AIDS if it were integrated into sex education. "I think that is something that is a part of human sexuality and it's a part of something that perhaps should be taught," offered the doctor at a United Nations conference on AIDS. "We've not even taught our children the very basics."

More than 25 years later, Elders's stance remains firm. From her home in Arkansas—where a local power outage abruptly halted our last conversation—she articulates her joy in surviving to see the digital age blossom. The youth navigating this new world, Elders maintains, are circumventing the status quo to "educate themselves." They have all the bite of the leaders of yesteryear pushing for racial integration or women in the workplace, but the internet's connectivity means they're able to mobilize faster. When the pandemic locked down the world, vibrators like the We-Vibe (a product Elders endorses) reported a 200 percent sales spike. Within a week of George Floyd's murder in Minneapolis, millions had assembled from New York to New Zealand to demand justice. This year, rampant violence against trans women of color became visible.

"The internet has allowed young people to start asking questions," Elders says. "In the old days, they used to lie and be able to get away with lying, but they can't anymore. Anyone can search and find out the truth very quickly."

This is the generation of which Elders dared to dream. We are more aware than ever of bigotry or brutality because it winds up in our inboxes. We are destigmatizing our sexual preferences and infections. We are ventilating our gender identities. We have women like Dr. Joycelyn Elders to thank for it all. Her eyes can't close any more, but hers were always wide open. To Bill Clinton, the surgeon general was a liability. To the leaders of tomorrow, Elders is, and has always been, ahead of her time.

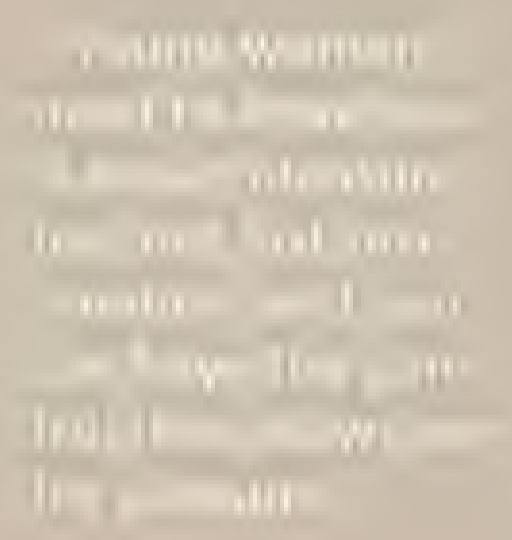
I want to start with how you developed such a passion for female sexual empowerment and sexuality in general. Where did that come from?

My early involvement with sexuality came through my time as a pediatric endocrinologist. I was dealing with sexual health issues in children from the time they were born up until college: ambiguous genitalia, girls menstruating at three years old. I took care of those children, and soon I was recommended by doctors across Arkansas. The next concern was unexpected pregnancy in girls with diabetes, and girls becoming parents before they became adults—teenage pregnancy. I didn't realize until then that it was a huge problem.

In Arkansas at the time, we had among the highest rates of teenagers becoming parents in the industrialized world. The state was poor and made up of minorities, and there was little education about sex or contraception available. There was sexual abuse. I'll never forget the girls who would come in and say every Saturday night their daddies or uncles would "use them." I didn't even know what they were talking about.

When you were a young Black girl growing up in Arkansas, did you have any idea this was the direction your life would take?

No. I had no idea whatsoever. Growing up, we were very poor. I didn't think I could ever be a doctor. You can't be what you can't see. This was the '30s and '40s, it was before TV, and we didn't go to doctors. Black people didn't go to doctors.



unless they were bleeding to death. The first time I realized Black people could be doctors was when I was in college.

And not only a Black doctor, but a Black female doctor.

Right! Back then, Black students couldn't even eat in the same dining room. When we graduated, there was a dinner for the medical seniors. The dean called in the three Black students and gave us $30 to eat dinner somewhere else—even though it was at the Little Rock Country Club and everybody who worked there was Black. I wasn't that upset about it. I told someone at the time, "It doesn't bother me. I didn't come to medical school to eat with white people. I came to get an education." I was so smart then.

When doctors would refer me to parents of sick children they would say, "There's something I need to tell you about who I'm recommending. She's a woman." And then the parent would think and say, "Okay." And then he would say, "There's one more thing. She's Black." I didn't know until later, but the doctors would prepare them. I was also dealing with these children who had developed sexually at a young age, so I had to be very frank—really upfront with parents as to how they should be talking to the kids about sexuality. So there was no time for beating around the bush [about my race or gender].

What was the pushback like when you became involved in sexuality?

I had been a doctor in Arkansas for 20 or so years, as well as the head of the state's Department of Health, so I had learned to deal with white Southern politicians. The thing white men couldn't stand was a Black woman knowing more about something than they did, and catching them in a lie.

When I got to Washington, the first thing I started talking about was condoms. Back then, you couldn't talk about them, but we had to. I grew up in the era of being told that if you masturbate, you'll go crazy or blind or hair will grow on your hands. I had to just tell Washington, "80 percent of women masturbate, 80 percent of men masturbate and the rest lie." They knew it was true, but when you say something like that so directly, you can't really get any rebuff from that.

Your views are so aligned with what the liberal population believes now, you were just 30 years ahead of the curve.

I know. Who taught me the most about dealing with legislators in Washington was the gay community. I quickly became an advocate for gay rights, and was adopted by them. I was also saying I would never be anti-abortion, and that I never knew someone who needed an abortion who wasn't already pregnant—that everyone who was against abortion was just in a love affair with the fetus. I was just outspoken and aggressive, continually fighting back.

Did you feel beaten down when you were forced to resign?

No way. I felt I was right. The things I said about marijuana [decriminalization reducing incarceration] are coming back around today. Everything I said about sexuality is coming back today.

I loved being the surgeon general, but I had no choice back then but to be open and honest. I did it right the first time. If I had to do it all again, I'd do it exactly the same way. I believed in what I was doing and saying. And when you feel that strongly, no one can really bring you down.

What are we still getting wrong about how we approach sexuality?

There's still room for so much education. A lot of what was going on back then was ignorance. Now we've broken our silence, but there's still so much education that needs to happen. I've worked hard on educating people like ministers, but doctors only get five hours—five hours!—of sexuality training in medical school.

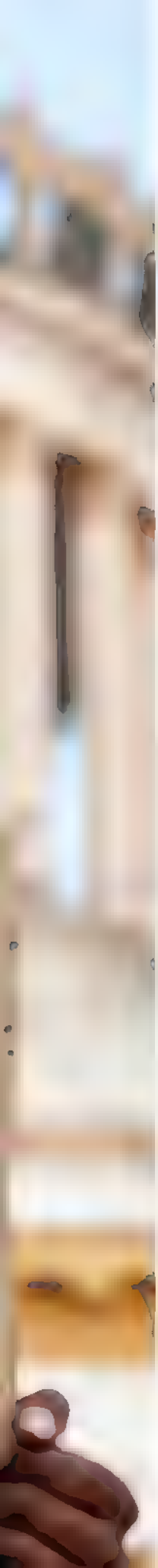
Still?

Still today! We're really trying to make sure sexuality education is a requirement in all medical schools. How can doctors teach parents if they don't know? High schools have come a long way, but they still have a long way to go. Some children are receiving great, healthy sexuality education, but others are not—and those are often the ones who need it the most. There's also a great discrepancy in how sexuality is taught to the genders. We've taught girls to be virgins and boys to score, but who in the world are they supposed to be scoring with?

The Supreme Court recently ruled that businesses can cite religious beliefs to avoid offering employees insurance that covers birth control. How should we confront political setbacks regarding reproductive health and sexuality?

Why our politicians have become so involved

Time for
Change



when it's completely irrelevant to them is confusing. Why is it even a discussion among politicians? As women, we should really be in charge of our reproductive rights. This is between a woman, a doctor and their significant other. We've fought hard for our reproductive rights, and still we allow politicians to swoop in and take over. We have to stand up for ourselves and stop letting politicians make decisions based on rights they don't even live by — they just talk about.

Businesses are not going to do any more for their employees than what they're forced to. We as women need to be pushing for what should be provided to us. We as women's groups spend so much time fighting for abortion rights, which is important, but we need to fight for our total reproductive rights. That means contraception.

We spend so much time fighting for abortion rights that we bypass sex toy availability and birth control. It's like entering the battle when it's already almost over.

We've allowed ourselves to be pushed around by the system rather than taking the time to teach young women so they're aware that there are other options, that they're aware they can be in control. Young women need to know sex is about pleasure, too, not just procreation, and you can have the control that allows sex for pleasure. We need everybody to understand that. And I think Gen Z is beginning to understand that more than ever before.

What has it been like to watch arguably the biggest civil rights movement we've seen in the U.S. after living through the first one 60 years ago?

We've made massive progress, but just because we're making massive progress doesn't mean we've done enough. We as women have also come a long way since we were given voting rights, but we still have a long way to go until we're allowed reproductive rights. It takes generations. Gen Z is smarter, and they have the internet — it's so much more immediate. But we need to find a leader, so we can get behind that leader.

We don't have a Martin Luther King Jr. this time, even if we're mobilizing faster.

No, we don't have Martin Luther King this time. We don't have the female leaders from [second wave feminism]. Even the Planned Parenthood leaders don't seem to be as out there and pushing like they used to be. The only way we'll have the momentum is if we find and get behind those who are pushing the hardest.

It feels like the pandemic has highlighted but also been exacerbated by America's flaws.

It's very interesting that we're talking about how much America has changed over the past 100 years, and then something like Covid comes along and exposes the dark underbelly of America once again. It's exposed the wealth disparity, our issues politically — with general management and the health care system. All these things that contribute to a pandemic reaching the level it has. When you're poor, less educated, Black or brown or have a low-income job, you're more likely to suffer more.

How do you see us emerging from this? Do we have to hit rock bottom to bounce back up?

We just have to. We have to, and we will. We'll come out of this all right. It may not be tomorrow, but our young people are smart. They know what's going on, and will figure out what to do and put us in our place. I know it.

BLACK LIVES MATTER

The view of the M&S Sparks card carrying white guy

BY IAN KIRKE

I am Gok Wan's alter ego. If his utterly stupendous fashion sense is North I am South. Where he burns I freeze. Thus, without M&S I guess I would have to resort to wrapping myself in a refuse sack. I am also tight. Vouchercloud is my primary App and my wallet bursts with store discount cards. I have a digital M&S Sparks card on my mobile as I am sure a significant number of other 57-year-old British males have too. Wholly disassociated with my shopping habits I am white and bald. Context on this issue is important.

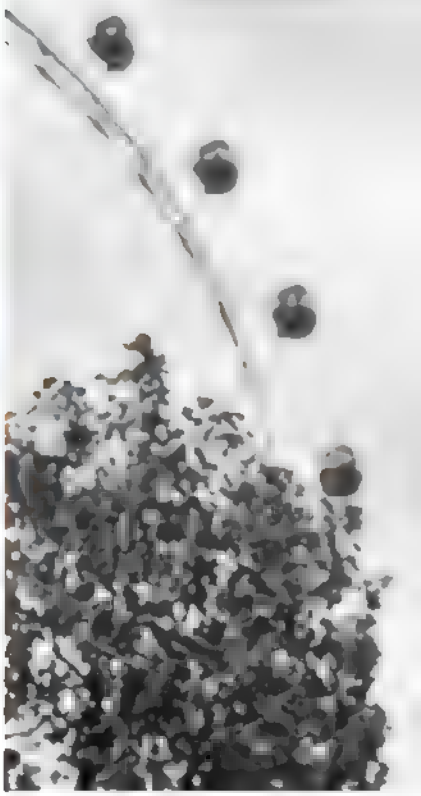
Black Lives Matter (BLM) as a slogan can be as wide as your imagination allows it to be. Like all pithy statements you may know what it means yet your fellow shopper in the sock aisle may have a different take. Hence, when this is associated with really important stuff like death the variance in opinions can present a toxic bowl of confusion, emotion, indifference, and inappropriate comparison. All pretty inflammatory and potentially ugly.

People have often accused me of having a big ego. I find this intriguing as I don't think that it's necessarily accurate. Although wouldn't all big heads say that? I will admit that I do have an opinion that I like to share, and more importantly, to have it tested. For the people that really do understand me I like to be proved wrong since that is where the learning is.

I like to learn. Learning is also fun. As I studied for my qualifying law degree I would use my newfound knowledge to frustrate the kids. For example, asking them to carry out a household errand in return for cash only to claim immunity by virtue of the case Balfour v. Balfour [1919] 2 KB 571 that presumes that all contracts of a domestic nature are unenforceable. I think that my son in particular became frustrated by this use of knowledge as he is now a Barrister. Furthermore, I always keep M'Naghten rules in the back of my mind should I need to rely on the defence of insanity.

The death of George Floyd in Minneapolis on 25th May 2020 had a profound effect on me. This was by no means the only occasion that I had been appalled. Far from it. Yet this time the events spoke directly to me. I was immediately deafened. As an ex-cop what I saw in the arrest of George Floyd was a criminal act. I acknowledge that reasonable force may occasionally engage with justifiable homicide. Yet here the situation had been neutralised. The threat of escape or injury to the police had ceased to exist. What that police officer thought when he knelt on the neck of George Floyd only he will ever know. We can all draw our own inferences but nevertheless the application of that degree of force was unnecessary, unjust, and inhumane. At that moment, my interpretation of the BLM message became instantly clear to me. I saw context in the relationship between the State and black people.

As a white male I am unlikely ever to be sub-



ject of State discrimination. I have never been racially profiled. Never been measured against any scale by virtue of the colour of my skin. Never been racially abused. Never been called 'White Ian' in mixed company. I have always taken my skin colour for granted. In this privileged position is it any wonder that such a notion is totally alien to me. As it would be even if I tried to foolishly imagine being any other colour. I can't fathom that my consciousness would even allow it.

The State sets the general narrative that the masses often follow. The powerbase and its emanations including the police, local government and many other public institutions shape the way society works. No wonder that white people get confused when normal behaviour is benchmarked against the State led view of the World that often promotes their values and judgements above all others.

Having proclaimed that I have an ego I guess it shouldn't be that surprising that I have an opinion on BLM. Indeed, this article demonstrates that fact. Curiously, many white friends have engaged in conversation with me about this topic. Subsequently, my opinion has been shared with others and guess what? They have opinions too. I have collected a few along the way which I list below and take a brief moment to explore.

"I have many black friends!" Seriously have you ever had to place that tag in a sentence about your white friends?

"These BLM riots won't change a thing!" When I joined the Police in 1982 it was an offence punishable by imprisonment to have a homosexual relationship with another man unless both consented, were at least 21 and the act was conducted in private. Today we celebrate same sex marriages. In my opinion they are usually the best too. Change takes time, courage, and determination.

"Removing statues? There is modern-day slavery too!" And aren't you utterly ashamed of that also?

"They want to ban the monkey on Coco Pops! What next?!" This may be a totally innocent albeit clumsy marketing pitch. I still remember the incessant monkey chants directed at my Notts County heroes the late Pedro Richards, Tristan Benjamin, John Chiedozie, the late Justin Fashanu, et al. Not to mention the throwing of bananas onto the pitch.

Overt racism is easy to call out and recognise. Unconscious bias is more difficult as it's hidden beneath a mountain of ignorance, misunderstanding and the tendency to simply look away or compare, if you occupy my skin colour, with a simple check and balance against your own rather more privileged circumstances. Yet the latter analysis is very often prohibited by the very nature of unconscious bias.

Unconscious bias is all consuming. Unless it is challenged. Sit at a table and draw out on a piece of A4 paper a large number six. That is truthfully and unequivocally a number 6! Then invite someone else to sit directly opposite you and ask them to describe the same figure. Truth often depends on where you are sitting and if you aren't prepared to move then you won't learn, and neither will you grow.

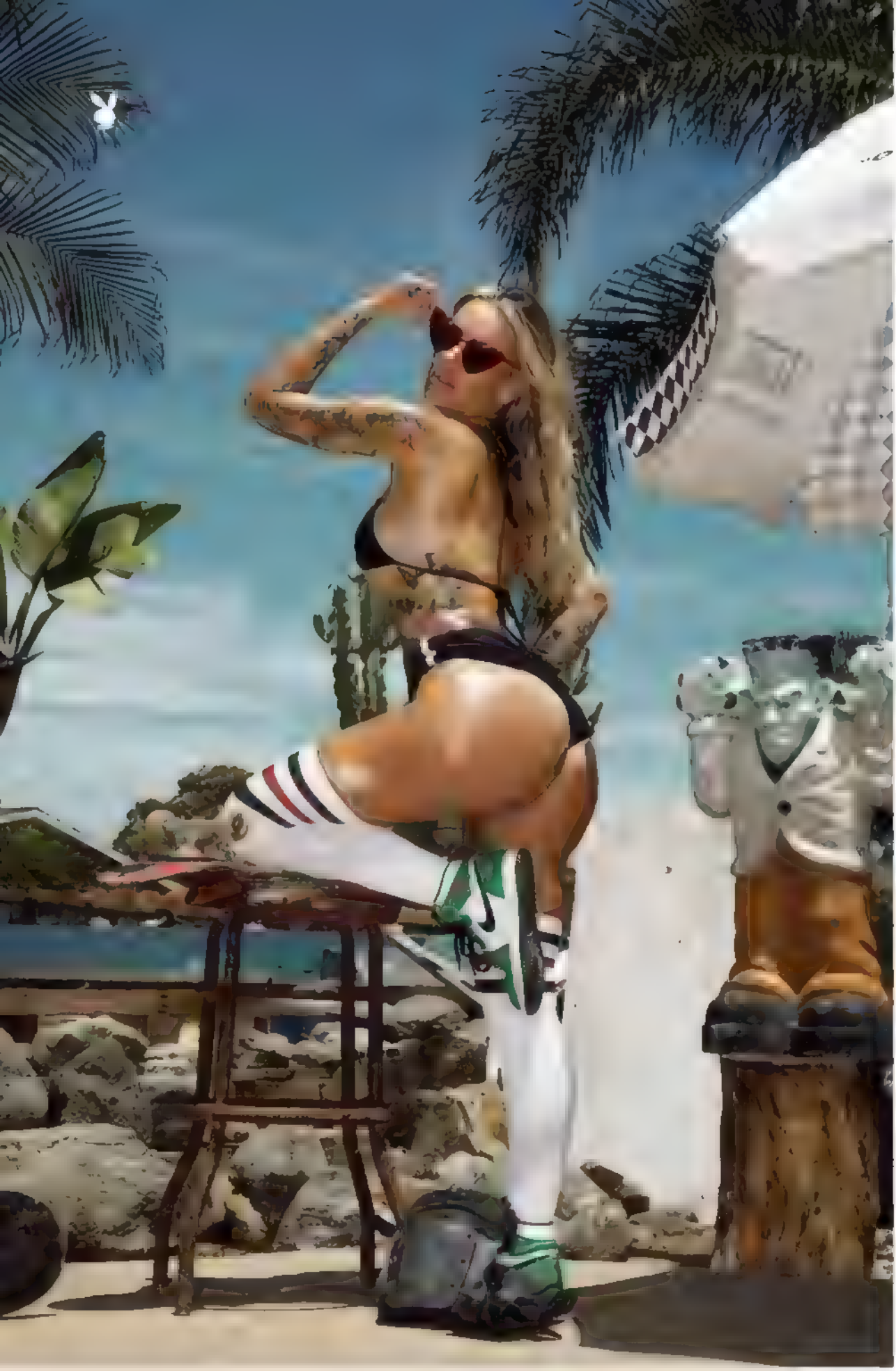
But don't take my word for it. Resist the temptation to make simplistic characterisations, often typified by crude memes on social media, and do your research. Easier still talk to a victim.

Why the fuck any of you would ask a white bald guy is totally beyond me!

Kristabelle MARKS

Instagram **@kristabellemarks**

Photography by **Ryan Dwyer | @letshoot**
PR Services **@mainstreetproductions**
HMUA **Lisa Brown**



Happy to have you feature on Playboy! Can you give us a bit of a background on your career as a model and where it all started? Thank you so much! So incredibly honoured for the opportunity. I started modeling in my late teens. Back then lifestyle and glamour modelling weren't really genres that were popular. I grew tired of hearing that I need to lose another few inches off my hips and feet perhaps this just wasn't for me. A few years later, J.Lo and Beyonce entered into pop culture and carved out the niche for skinny waists with a booty..... and the rest is history.

What are some of your best career highlights so far? Well overall, my best career high, was getting to come to the US from Canada. Not to say Canada isn't fabulous (if not for winter, it would be Eden), but you really can't beat California.

Social media is a very powerful tool, given your massive following, what are some of the challenges you face when it comes to marketing your brand and maintaining a solid following? I feel extremely blessed with my community on social media. I am an advocate of what you put into the universe comes back to you. Which in my case is 97% Namaste and 3% go f*&ck yourself! So, my social media is a very supportive and positive crew mostly. I would say the biggest hurdle is the ever changing algorithms Instagram puts in place.

Can you give us breakdown of a typical day in the life of a glamourous model on set? A typical day on set starts with an ungodly call time, immediately followed by lots of coffee. Then straight into hair and makeup. Your photographer usually shows up part way through and begins sifting through the looks pulled for the shoot to plan their vision. Once everyone is hopped up on caffeine, it's a quick pow wow on the battle plan. Then it's a blur of G-strings and body oil until you wrap. And then the rewards-SNACK TIME.

What are some of the biggest misconceptions people have about what you do? I'd say the biggest misconceptions would be that we are mean girls. Which couldn't be further from the truth. In all my years, I can honestly say, I can't think of a time when I met another model and wasn't met with someone else as trepidatious as I was meeting them. Most models are extremely used to the unkind judgements of others. Not the other way around.

Now we know there are some pretty perks that come with being a beautiful woman, what would say are your favourite ones? My favourite perks.... hmmm...that's a tough one. We only know the world from the way we experience it, from our perspective. I suppose I have that to thank for my very wild teens and early 20s. Both as what made it such a crazy ride as well as what made sure I didn't end up in jail somewhere. Thanks mom and dad.

Given that you're a stunning woman who undoubtedly gets a lot of attention, what are some of the nicest things men have done to try and get your attention? Well, I'm single....so not enough ;)

What makes you feel absolutely sexy? I feel sexiest in a pair of Jordans, baggy jeans and a crop top. After a day in the sun, when my skin is freshly golden and my nose is splashed with freckles. I am forever and always a tomboy at heart.

3 things that you can't go a day without? 3 things I can't go a day without..... COFFEE! It's as much for you as it is me. The world doesn't want me in it without a morning coffee. My French bulldogs. Dogs are life, and Frenchies are the punchline. All the squishy goodness, weird sounds and unbridled love. Let's be real, I can't go 2 hours without them! And a working out. I get a little too pent up without a good work out. I have to have that release no matter what. Whether is a Lagree fitness workout (my obsession) a swim, or something more R rated....maybe all of the above if I am really lucky.

Anything exciting we should be on the look out for coming through this year from you? What could be more exciting than being featured in Playboy?! Tell me a girl who didn't dream of this growing up, I show you a liar or. Right now I am continuing to grow my brand and will be launching my only fans this fall. Hope to see you all there!

VOLCOM

Where can our readers find out more about you and stay updated with your current events and adventures? Keep up to date and in touch with me and all my antics on my instagram page @kristabellemarks

Thank you so much for sitting down with us and letting us get to know you! Any last words for our readers out there? I'm so grateful for this feature, to

readers. I try to respond to as many DMs as can, on instagram hope to see you all there. So much love and ght. Xo

Playboy Interview

Trevor Noah

The 'Daily Show' host is on the front lines, fighting a war on bullshit in Donald Trump's America

BY **DAVID HOCHMAN** PHOTOGRAPHY BY **RYAN LOWRY**

Has there ever been a more auspicious mo ment to chase after clown cars on the road to the White House? Since bravely taking over for Jon Stewart as host of The Daily Show last September, South African comedian Trevor Noah has watched American pol.tics burble into a molten mess of a reality series that even Comedy Central would find too ludicrous to green light. Then again, Noah did not campaign for the role of satirist in chief; it found him. In March of last year, he was in a taxi heading to an event in Dubai when his manager called to ask if he wanted the planet's most coveted fake news an chonng job. This, after appearing a mere three times as a Da.ly Show correspondent.

As Noah said around the time to his friend and early champion Jerry Seinfeld, p"I get out of the car, and my legs— I didn't have legs."

Thick skin is what he really needed. The instant the gig was announced, social me dia cried out with a collective p"Who the fuck?" followed by a judge-y indictment over a handful of old Twitter barbs that painted the little known comic as a menace to Jews, Ebola victims and "fat chicks." It didn't help that TV critics held Noah to crazy-high standards not to Jon Stewart's early days but to Stewart at the glorious end of a 16 year run. But the sharp suited new comer, now 32, settled in with polish and intelligence (and without issuing any apolo

gies) and continues to build a following with a young, plugged in crowd that no longer treats him like Job

Trevor Noah was born in Johannesburg on February 20, 1984 and survived a lot worse than web controversy. He grew up in the final decade of apartheid with a white Swiss German father and a black Xhosa mother who never married because mixed race marriage was illegal in that era. Noah spent his early years in a p"whites only" neighborhood where his mom had to pretend she was the maid. (His dad would walk across the street from them "like a creepy pedophile," Noah joked in one of his routines.) After the relationship dissolved, Noah and his mother moved in with family members in the black municipality of Soweto. Experiencing such contrasting worlds made him fluent in a range of cultures and languages, including six South African dialects, English and German.

Noah's dimpled charm and uncanny talent for mimicry led him to acting and a role on a South African soap opera in his late teens. A few years later, drunken friends pushed him to take the mike at a Johannesburg comedy club, and the dare set the stage for a stand up career. Professional comedy barely existed under apartheid, but Noah blazed new trails, skewering elite whites, government wonks and township blacks alike. Sold out performances at home led to tours around Africa, the Middle East, Europe and Asia.

In 2009 Noah's mother was shot by an ex husband. Noah confronted the man, who threatened to kill him, prompting Noah to move to Los Angeles. He did not immediately find a foothold there, but in 2012 he became the first South African stand-up to appear on The Tonight Show. A year later he was the first on Late Show With David Letterman. By the time he debuted as a correspondent on The Daily Show in December 2014, insiders knew Noah as a funnyman sans frontieres. m"Be grateful for what you have" is what South African mothers say to their kids, he told Stewart's enchanted audience, "because there are fat children starving in Mississippi."

Contributing Editor David Hochman, who recently interviewed Rachel Maddow and Ray Kurzweil for Playboy, met Noah after a Daily Show taping in midtown Manhattan, and they talked late into the night. m"The first thing you notice about Trevor is that he's definitely not Jon Stewart," Hochman says. "He's quieter, more serious, more reflective. Then you think, Hmm, maybe that's what we need right now."

PLAYBOY: When you took over The Daily Show you vowed to continue the m"war on bullshit" that Jon Stewart began. How's that going in this crazy election year?

NOAH: Waging the war isn't difficult. Getting people to join you on that crusade is what's harder than you'd expect, and not for the reason you'd expect. It's because a lot of people simply don't want the whole truth. They want only a mirror of their version of the truth. That's true not just with Republicans and conservatives. I find that a lot of Democrats and liberals are not ready to hear the truth from their side. It's human nature to look for people to validate your opinion, and I think people came to The Daily Show for that for a long time. But just because you have a love for a candidate doesn't mean you shouldn't question them. What is the point of having your candidate pushed to a certain level only to crumble under scrutiny because you didn't give them enough scrutiny early on? Bernie Sanders didn't have solid policy proposals, so I pointed that out. m"Screw you, Trevor Noah!" Or I made the case that Hillary Clinton panders to whatever audience is listening to her. People are like, "Who the hell do you think you are?" Come on, guys.

PLAYBOY: Any predictions on where the contest is heading?

NOAH: I have no clue. I don't think anybody has a clue. So many truly bizarre things have happened already, particularly on the Republican side. We might see a last-minute candidate step in. The Republicans could go to a contested convention, which could rip the party apart at the seams. Donald Trump, presuming he continues, is so divisive and so explosive that he can go all the way or else blow himself up. The enthusiasm against him is as powerful as the enthusiasm in his favor. Assuming Hillary is the nominee, people are almost resigning themselves to the fact that she's the one. With Trump and Hillary, it's a really strange combination of terror on one hand and ambivalence on the other. And yet, wherever we are in the general election by November, people are going to have to say, g"Well, you have to choose somebody." Fortunately, I can't vote in this country, which helps a lot.

PLAYBOY: You grew up under apartheid. You've witnessed hatred, racism, fear and a country divided by disagreement and hostility. It must be so refreshing to live in America in 2016.

NOAH: Ha. We did this thing on the show where we said Trump is basically an African dictator. We showed clips of him alongside clips of Idi Amin. They were essentially the same guy. But it's one thing for everyone to lambaste Trump. Every candidate has a right to be crazy. Why don't we spend more time looking at the people who voted for him? It's his followers who are truly scary. Everyone makes the comparison between Trump and Hitler. The question nobody seems to want to ask is, Does that make America Nazi Germany? The madmen in history don't do it alone. What's important about Trump's run is that it exposes the layer of hate, xenophobia and anxiety below the surface in America. That can't be ignored. Trump's campaign is fascinating because it threw out all the rules we've known about politics. Everyone had the playbook, and he went and changed the game completely. It used to be that you would release attack ads, you would point out the fallacies and people would come around to your message. Trump somehow stayed immune to that longer than almost anyone else. Whatever was thrown at him, it didn't seem to matter. You show that he can't be trusted, but people still trust him. You show him stirring violence, but it just makes the crowds cheer louder. He branded himself early on as the candidate who represents angry people, and that has given him a huge foothold. Those who tried to play Trump at his own game—Jeb Bush, Marco Rubio—mostly lost. He has picked them all off like a short fingered assassin. People tried to meet anger with anger, and it failed every time. But then, if you don't go after him directly, you look weak or out of touch. John Kasich never went after Trump. Ben Carson never went after Trump. Look where they are now. This is a popularity contest. This is a reality show. If you've watched any reality shows, you know the quiet people get knocked out very early in the race. The loud people are the ones who make it to the end. Donald Trump reminds me of Richard Hatch from the first season of Survivor. He came on, caused chaos, got naked, formed a few key alliances and walked away with the prize.

PLAYBOY: If Trump is Richard Hatch, who does that make Hillary?

NOAH: Honestly, I think a lot of people are hoping Hillary will be Barack Obama. She has said herself that her presidency will be an extension of Obama's legacy. What's interesting about Hillary is that she's really versatile. She knows when to be a little tougher. She knows when she needs to be more human. She also responds to the forces around her. She saw that with Bernie Sanders, certainly. Bernie has done something beautiful in that he has inspired young people to believe again. Hillary recognized that, and she adapted. New York City mayor Bill de Blasio said the reason he waited so long to endorse Hillary was because he wanted Bernie to push her until she was addressing income and equality, and eventually she did. She has adopted a lot of Bernie's ideas and rhetoric, and I think that has rounded her out as a candidate. She could take it all the way.

PLAYBOY: What would it mean to have Bill Clinton back in the White House?

NOAH: That would be interesting for everyone, because we've never seen anything like it. He'll be the first gentleman. Maybe he'll be giving tours of the White House and showing people around. Maybe he'll be advising on policy. There are so many maybes, it's impossible to know. What we do know is that he's very smart, he's very involved, he's very informed and he loves talking to people. With Hillary in the Oval Office and Bill overseeing the Easter egg hunt in the Rose Garden or whatever, they could be quite the power couple.

PLAYBOY: Nobody really talks about this, but since this is Playboy, we can ask: Do you ever imagine what their sex life is like?

NOAH: No! I don't imagine it. Never. It never crosses my mind. But if I had to guess, I'd say there's probably not much happening. Studies have shown that the sex life dramatically drops off for everyone, especially high income, high net worth individuals who work hard. With these two, I don't think it's like, Saturday night, 11 o'clock, "Hey, Hillary, wanna watch Netflix and chill?" [laughs] We live in strange times.

PLAYBOY: How does the United States look to the rest of the world right now?

NOAH: Insane, pretty much. But the whole world is changing. Certainly on a political level, we're in uncharted territory everywhere you look. I mean, you see these fringe parties coming up in Germany, France and South Africa, that's because you're dealing with parliamentary systems for the most part. In those systems fringe parties don't get anywhere. The difference is, because of the American system, there is no alternative. You have two parties, and the winner takes all. It's been designed to make the strong stronger, but nobody ever anticipated that the strongest person would come from the outside. Trump could win his little ball of support and that could be it. Unfortunately, there are a lot of angry people in America. There's anger, there's hunger and there's fear, and there will always be somebody who taps into those anxieties to further a narrative about who to hate and who to blame. Trump has been truly masterful at that. The Chinese are taking our jobs. Mexicans are rapists. Muslims are out to kill everyone. If you're feeling overwhelmed or broke or disenfranchised and someone says, "It's because of that brown guy over there," you go, "Hey, let's go get the brown guy."

PLAYBOY: Eight years with a black man in the White House does not appear to have eased tensions around race.

NOAH: This is hard to explain to white people, but the thing about race is that you can't turn it off. If you're black, you are constantly black and that blackness is always affecting you in some way or another. That's a tough conversation to have, because it can be subtle. It's often very small things, but they pile up. Cab drivers don't pick you up. It happens to me. Or you go into a corner store and get followed, or people say things about you. It's often not blatant, but it's entrenched in the system. Over time, it might change, but if you're black in the United States, even after two terms of President Obama, you still feel black. I think the benefit of a movement like Black Lives Matter is that people have seen the influence they can have by actively getting out and doing something about ending the silencing of a voice. It has been a fantastic proponent for new conversations about race, which is amazing.

PLAYBOY: You and Larry Wilmore notwithstanding, late-night TV is a pretty white place as far as hosts are concerned. That extends to the writing staffs on most shows. Even now, Hollywood remains an old boys' network.

NOAH: I am very conscious of that. We put out a call for new people to be on the show not long ago. Around 95 percent of the people who responded were white and male. We wanted diversity. But when we went out and asked some comedians why they didn't audition—black comedians, women—they said they hadn't heard about the job. Word hadn't reached them. A lot of the time Hollywood jobs come through networks or through friends who have worked together, so it becomes a self fulfilling prophecy. If you're not in that circle, you can't get in that circle.

PLAYBOY: Should African Americans be as scared of the police as people say they should be?

NOAH: I think black people haven't been scared of the police as much as people make them out to be, so much as they are... what's the word I'm looking for? They're enraged. They're disenfranchised because the police have been shown to not protect and serve all parts of the population equally. It's scary. Imagine if you lived in a world where every time you told someone something happened to you, it was met with disbelief and doubt, with people taking everything you say with a pinch of salt. Then you go through a period when every video that comes out contradicts the report the police have made, which then makes you question how many of the reports we can believe. So it's a very tough conversation to have going both ways, because many police feel unfairly judged. Ironically, the way black people have been judged for so many years, with huge sections of the black population being lumped in as criminals—now the same thing is happening to police. Police are going, "There's just a few of us. Why are you saying it's all of us?"

> "The biggest thing I had to learn with 'The Daily Show' was that I couldn't be the anger for people."

PLAYBOY: As you look at what's happening in the country right now, are you dumbstruck, or do you just feel like it's comedy gold?

NOAH: I don't see it as comedy gold, because it's gotten to the point where there's too much comedy, and now it's so ridiculous that it's not funny all the time. When presidential candidates are making dick jokes, what are comedians supposed to do? Maybe I'm not as shocked by it because I come from a country where that happened. It got to the point in South Africa where the politicians were making the jokes.

PLAYBOY: Speaking of South Africa, what are your memories of growing up in Soweto?

NOAH: It was weird. We lived how we were living and it felt normal. So many people were born into apartheid that nobody ever dreamed of a time when things wouldn't be that way. Black people fought for freedom and independence, but I don't think many of them could say that they saw a real future where they would be running the country. They couldn't imagine gaining access to the wealth and opportunities of the country. When you're poor, it's sometimes impossible to picture living any other reality. In Soweto, you live in a one-room house, maybe two rooms if you're lucky. All the adults sleep together in one room, all the kids sleep together in another room. I'm not talking about another bedroom; you have a wall dividing two rooms. There's no indoor plumbing. There would be an outhouse, and that outhouse was shared by four or five different families. If you were lucky, you'd have running water. We

had running water but not inside the house. It was shared among many houses

PLAYBOY: You have a book out this fall about coming of age under apartheid. Was it comedy that got you through the hardest times?

NOAH: You would never think you could laugh about life in a place like Soweto, but there are always funny moments in every situation, and those moments do help you survive. In the book I write about growing up in an abusive household, in a house where myself and my mom were held hostage by an alcoholic stepfather. My mom was shot in the head. That's not exactly the stuff of comedy gold. But even in the darkest, darkest moments, we found things to laugh about. To have your mom come out of surgery with a hole in her face and the first thing she says when she wakes up is "Stop crying. Look on the bright side. At least now you're officially the best looking person in the family." I mean, who says that? But that's the family I grew up in. We always found some silly way to get rid of the pain.

PLAYBOY: Your mother converted to Judaism when you were young. Did you have a bar mitzvah?

NOAH: I did, yes. My mom had always been a religious scholar and had studied the Bible. She has taken multiple Bible courses and is very religious. And one day she converted to Judaism. I had a bar mitzvah when I turned 13, but no one came because everyone in my family and my world is black. Nobody knew what the hell a bar mitzvah even was, so it was just me and my mom going, "Okay, now you're a man."

PLAYBOY: You are the first major comedian to emerge from South Africa. Are people just not funny there?

NOAH: We are an industry that's only as old as our democracy. There's comedy everywhere, but there was no free speech. I'm lucky in that I'm a product of my time. A few comedians laid the groundwork for me. I'm the second generation that got to take it to the next level and make it work on a world stage.

PLAYBOY: You've said before that Americans think of Africa as a place where people wear cheetah skins and sit around waiting for UNICEF. Will that perception ever die?

NOAH: I don't think I'll live to see it die, and that's because even if you look at America itself, perceptions die hard. I'm very lucky in that I've traveled to all 50 states, doing stand-up. I remember I was heading to Tennessee and people told me, g"That's the home of the Klan. Watch out." But then I got to Nashville and had the best time of my life with the most wonderful people. If people don't see the nuance of their own country—and this happens everywhere—I can't expect them to appreciate the nuance of Africa.

PLAYBOY: What was your first impression of the United States?

NOAH: I was like, I've never seen so much choice in my life.

PLAYBOY: What do you remember?

NOAH: Walmart. That place absolutely blew my mind. I had never seen anything like it. Seventeen different types of milk. Twenty-two kinds of laundry soap. It is a land of unimaginable abundance, though it wasn't a complete surprise. You get a sense of the abundance when you watch American television. Just the fact that everyone in sitcoms has a house with an upstairs area is astonishing. A house with a second floor? As an African kid, you're like, Hey, who lives this way?

PLAYBOY: As you developed your comedy, who was your biggest influence?

NOAH: I watched a lot of Bill Cosby. I love Dave Chappelle. But I specifically remember seeing Eddie Murphy's Raw on VHS and thinking, Holy shit! The guy from The Nutty Professor does stand-up? It was a complete awakening for me because I was starting to do stand-up myself. Eddie is incredible. The honesty, the precision, the talent, the skill. Everything he executed was perfect. His impersonations. The way he walked across the stage. His command of the audience. Eddie watched my stand-up once, which was enough for me to go, I can die now. That's all I need in life.

PLAYBOY: What about up-and-coming comedians? Who's the future of comedy?

NOAH: Michelle Wolf is hilarious and outrageous. She always makes me laugh. A lot of people don't know her yet, but they will. You can see her on Late Night With Seth Meyers. If you look on YouTube or Vine or Instagram, there's a guy named King Bach. He's huge online, but people don't know him in the streets. He does short-form sketches. He's a very funny actor who, because of social media, really made something for himself, carved a path, which I admire. One of the things I love about America is there's so much comedy. There's the alt scene with people like Kumail Nanjiani. There are the hipsters, who have a very different style of comedy. There are the mainstreamers. There are black comedians who cross over and do well with white audiences. There are a few white comedians, like Gary Owen, who do particularly well in the black scene. Just look on YouTube. They're all there.

> "With Trump and Hillary, it's a strange combination of terror on one hand and ambivalence on the other."

PLAYBOY: It seems technology is changing everything about comedy. You no longer need to join the Groundlings or book a set at the Comedy Store to find an audience.

NOAH: Technology is great for the industry. Comedy is a form that works wherever people are funny. There are people who do comedy shows in the back of a van, in a bus, in a venue, in a small room, a giant room, theater, hall, church, restaurant, phone booth, and all you need is a tiny handheld device to record yourself doing it. When you go to a place like the Edinburgh Comedy Festival, you see all those things happening all over the city, and you realize that comedy is one of the most versatile art forms we have. YouTube has opened that up completely, and you have Snapchat and Instagram and other vehicles as well. But I think these formats will come and go. The important thing is that young people get to express themselves to an audience directly rather than looking to the gatekeepers to let them in. At the same time, the audience is expanding in ways that were unimaginable only a few years ago. Think about the fact that you used to have to be 18 or 21 to get into a comedy club. Now there are 10- and 12-year-olds who know Mitch Hedberg and Louis C.K. and many more obscure comedians because, again, it's all just part of the deluge of information available on your device.

PLAYBOY: How did your social media habits change after old tweets of yours surfaced that some called racist, anti-Semitic and sexist?

NOAH: The irony is that people had to go back five years to make a judgement about who I am today. We live in a world where you

need to form your opinion about someone instantly. Ever watch the Grammys and read Twitter at the same time? Before the first presenter even appears, someone is already going, "Worst Grammys ever." It's not a 24-hour news cycle anymore. We live in a 24-second news cycle. I guess the lesson is: Some people will always want to take you down. If you say something silly, it can blow up. But also, it passes.

PLAYBOY: How much do you and your writing team focus on creating material that will go viral online?

NOAH: I don't believe in working toward a moment just to have a viral moment. I believe in doing what you love and if a moment resonates, it resonates. The Daily Show is different in that it is not all about sound bites and tiny moments. That is a fact of the show that I have to accept. But I won't lie: It's nice when you get a moment that goes a little viral. I'm always surprised at which moments take off, to be honest. I create each moment equally, and when one element hits, it's often foreign to me. Lindsey Graham came on the program and was one of the most engaging guests we've had. We played this game of pool where if you missed a shot, you had to give Donald Trump a compliment. That got a lot of attention. Trump tweeted insults at us. I would have never wished for Michael Hayden, ex-director of the CIA and the NSA, to come on the show, but honestly, I had some of the best moments with him.

PLAYBOY: How much rivalry do you feel with your late-night competitors?

NOAH: Because I come from the world of stand-up, I realize that success is a cycle. People rise and disappear, they succeed, they miss, they return. As competitive as it is, you learn to celebrate the success of your peers because you know how hard that cycle is. I remember when I first came to America, Amy Schumer was running around doing comedy clubs. She was funny, but she was nowhere close to where she is now, and I loved what she was doing. Then you see her hit her stride, and it's beautiful. There's nothing more fun than seeing a comedian come into their own, especially if you've watched them on the rise. So for me, it's Amy Schumer, it's Jerrod Carmichael, it's Hannibal Buress, it's Michael Che. It's people where I go, Man, we are the class of now. In late night, I think every host will tell you the same thing, which is that we don't have time to focus on what other people are doing. We're too busy making our own shows. Obviously I see occasional clips of what Stephen Colbert and James Corden and Jimmy Fallon and the rest are doing. But the only person I have time to watch regularly is John Oliver, because he's on Sunday evening and I'm free to watch. I loved what he did with Donald Drumpf, for example. That was amazing. John for me is an inspiration because he shows me the possibilities. Before him I didn't believe a foreigner could do a TV show like this in America, and I love him for that. Had he not taken over for Jon for a few months and then gone on to host his own show, I don't know if the network would have said, "Okay, let's give Trevor Noah a shot." It seems less crazy to have some random African guy host the show after some random British guy has hosted his show successfully.

PLAYBOY: Many people think Jon Stewart and The Daily Show played a role in getting Obama elected in 2008 and 2012. How much influence do you feel you have in this presidential race?

NOAH: Oh, I haven't earned any influence yet. That's something you work toward. Jon had that effect on Obama's rise because of how long and how hard he had worked and what he had been a part of. What people forget is that the first few years of Jon's show were barely a blip on the radar. I'm still in the blip stage.

PLAYBOY: Do you ever call Jon and say, "Dude, remind me again how you do this?"

NOAH: No. Never. I mean, I talk to him sporadically, but it's about random things. The last conversation we had was about stand-up. I wanted to know if he was working on a new hour. How's the set going? Any fun jokes? That was literally the conversation we had. That's not to say I haven't had moments of anxiety about The Daily Show or needed guidance. I was terrified in the beginning, and I still have some sleepless nights. Are you kidding me? There are nights here and there when I go, Shit, what do I need to do? What am I doing? Where am I going? Because I love what I do and I believe in giving it my all. But I don't let that consume me.

PLAYBOY: Who has given you the best advice?

NOAH: Jon said, "Don't listen to anyone. Just make the show you believe needs to be made." Jerry Seinfeld was supportive long before I got the show. That helps in general with confidence. Louis C.K. said to me, "Regardless of what happens, don't forget to enjoy every single moment, because you can never get it back." He said, "One day you'll go, Man, remember that time when no one believed in me? Remember that time when no one thought what I was doing was good? I didn't take the time to enjoy and savor that moment." Amy Schumer just looks at me and goes, "Fuck it, have a good time."

PLAYBOY: What do you do for fun, by the way?

NOAH: I love boxing. I ride bicycles. I love roller coasters. My dream is to go on a tour and bounce around to every great roller coaster in America. But I'll settle for another ride on T3 at Six Flags. I love the feeling that you're going to die even though you know there's no chance of being harmed.

PLAYBOY: What are you listening to these days?

NOAH: I'm listening to the new Kendrick Lamar, untitled unmastered. I'm listening to the new Rihanna. I listen to Otis Redding almost every day. He just makes me happy. I like the most recent Justin Bieber. You may not like him, you may not like how popular he is, but don't deny his talent. The guy learned to play musical instruments, worked on his singing, worked on his dancing, worked on his social media. That's why he is where he is.

PLAYBOY: How about TV? Do you binge much?

NOAH: I do. I watch House of Cards, Game of Thrones, Broad City, Nathan for You, Billions. I just finished watching The Bachelor.

PLAYBOY: Any fanboy crushes?

NOAH: Charlize Theron. Not just because she's South African. I think she is aging majestically. She's so beautiful. Jennifer Lopez as well. Does she even have an age?

PLAYBOY: No doubt your dating life has improved since getting the show.

NOAH: Things are good there. I have a girlfriend. But yes, you definitely get more attention all over the place. You suddenly become a little more good looking, a little funnier to everyone. Remember, though, that I had some level of notoriety for a very long time. It just moves from place to place. I mean, don't get me wrong, getting

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the show was huge because I understood it was going to change my life forever, and it has American fame takes everything up a level. Seeing your face all over New York City—no one can deny that's an insane experience. It's New York fucking City. It's the Sinatra song It's Jay Z It's Beyoncé. You can't deny what it is and how weird it is, even though many people still don't know who I am But put it this way: I'm very lucky in that if this had been my first experience of fame, I probably would have caved I would have crumbled. I would have gone mad. You can't go from zero to The Daily Show

PLAYBOY: So many comedians get caught up in drugs and alcohol Have you struggled with that?

NOAH: No Never have. I've never smoked pot I've never smoked, period. I was never drawn to it. I'll have a few drinks occasionally Sometimes I regret the fact that I missed that era, because that's what comedy was all about at one point. Comedians were rock and roll. Now you go to a comedy club and comedians are ordering kale salads and telling you about how they're going to the gym in the morning, which is really interesting to see, because comedians were the first ones who switched over All comedians used to be drunks and drug addicts You'd hear about a suicide in the community every single week, and that has slowed down dramatically, which is fantastic

PLAYBOY: It is often said that pain is the source of all comedy There's the need to have people laugh at your jokes, the need for validation. Is that part of who you are?

NOAH: It's part of most comedians It's our dark bond. We all carry the heavy burden of depression in a different way. We all deal with it in different ways. For most of us, our therapy is on stage I meditate I exercise I always try to aim toward the light in life I surround myself with positive people I move toward positivity I try to find the things that help me quell that voice in my head It's one of the reasons I love Kevin Hart, who was the first guest on my show Comedy was associated with skepticism and a general pessimism for so long, but Kevin came in with positivity, and he still does. Look at his Twitter. He's eating right, working out, adding value to people's lives I'm glad for his success because he shows there's another way to do it.

PLAYBOY: Does earning more money make you happier?

NOAH: Ironically, I'm not necessarily making more money as host of The Daily Show than I was before. I was doing very well for myself as an artist, as a businessman, as a performer So it's not a lifestyle change for me. Mine is not a Cinderella story You know, it's good to have enough money I like to splurge on friends and family and people and charity. I like watches. I guess growing up with a Swiss father will do that. I don't buy expensive watches, but I like unusual ones. I have a Hamilton Jazzmaster Face 2 Face, and there are only 888 of them in the world I love the fact that it's a watch whose face flips over to another face, which makes it two different watches in one. The biggest thing I have learned in America is that it is expensive to be famous here. You have to pay for things You have to pay for bodyguards. You have to pay for a driver. You have to pay for a publicist. You have to pay for a stylist. I never used to understand the stress around those things. I never experienced that, and I still try to not experience it. I tell people, "I have a stylist at the show, but if I go to events, a lot of the time I dress myself." I'd rather give the money to starving children So if you see me dressed really trashy somewhere, know that some kid somewhere got a meal Honestly, having possessions gets boring At some point, you have all you can have. I completely understand why Bill Gates is working to eradicate malaria. Yeah, he can own 10 Bugattis, but so what? He can drive fast in a straight line It's much more exciting to fix problems, education, help children. Maybe it's my African perspective on the world.

PLAYBOY: You have a keen ear for language. What are your favorite American isms?

NOAH: Rah, rah, rah

PLAYBOY: Come again?

NOAH: When Americans try to show you that they're keeping up with what you're saying in a conversation they say, "rah, rah, rah" as in "right, right, right." Which is the weirdest sound to me. You go, "Make a right turn at that corner" and they'll interrupt with "rah, rah, rah" to speed you along. When I first heard it, I was like, What's going on? Then there's the suggestive nature of a request. "So do you want to go ahead and pass me that water?" That's such a strange way to say it, instead of "Please pass me the water," "Do you want to go ahead and turn the lights on?" What do you mean? Is that a request or a command? What if I don't want to do it? You could have just asked me to do it. It's strange quirks that I pick up on I've also had to monitor myself with some South African words and phrases. People here don't really understand the word ag. It's an exclamation. "Ag! What a nightmare!" Also, esh, as in 'Where's my phone? Esh. I left it at home."

PLAYBOY: So do you want to go ahead and walk us through the process of putting together The Daily Show?

NOAH: Wake up at seven Spend a good 10, 15 minutes meditating, just taking time to prepare myself for the day. Then I'll read the news, as much of it as I can. It's usually The New York Times, The Washington Post, It's BuzzFeed News. It's The Skimm, which is a daily newsletter that pulls together the most interesting reads of the day I'm a big fan of Vox and everything Ezra Klein is doing. I

really love German Lopez. I love Rachel Maddow. I'll do a bit of a workout just to get the body moving, and I'm at work by 9:15. We've got a big team. Making TV every day is a very tough job, so there are about 100 people helping in various ways. Around 20 of us will gather in the morning to figure out what the show is going to be. We talk out all the possibilities, and then I make my decisions based on a few things. Number one, is it interesting? Number two, is it funny? Number three, do I have something to say about it? That's what I look for. You know, Lindsey Graham saying the choice between Donald Trump and Ted Cruz is like being shot or poisoned, you're going to run with something like that. I always go, What would I share with my friends? Because that's the way I see the audience.

PLAYBOY: What adjustments have you made along the way?

NOAH: I had to learn that I couldn't manufacture anger. I couldn't manufacture outrage. I understood that a lot of people looked to The Daily Show for their catharsis, but I think a lot of people maybe also got lazy in that they stopped fighting for change. Jon was very good at articulating a feeling for many people, but I think we also evolved into an age of couch-place activism, where people just sit on their couch and hashtag. Whereas where I come from the idea is that you go out and you do something about it. The biggest thing I had to learn very early on with The Daily Show was that I couldn't be the anger for people. I had to find an audience in the same place that I was in. I had to find the things that interested me and the things I found funny and had to believe and still have to believe that there are enough people like me who will experience the world the way I experience it.

PLAYBOY: You spend less time actually sitting at the desk than Jon Stewart did. Is that intentional?

NOAH: It's funny. In my head I go, I didn't work all these years to get a desk job. I sat because I was told that it was the format, because that's what everyone did. Then one day I stood because I was like, This is who I am. This is what I do. Standing up is how I got here.

PLAYBOY: You continue to do comedy on the road even with your busy schedule.

NOAH: I have to. Stand up is where I live. Stand up helps me articulate my point of view. Stand up helps me exist in my purest form, and that is talking to people, sharing and discussing ideas. I try to go out every second weekend. Honestly, that's where I feel alive. I get to relax. I get to explore myself, and I get to see America, which is very important to me. I find it weird to live in a place and comment on a place but have a level of ignorance. More than that, it's easy to get caught in this world between you and the camera and random reviewers. You have to remember what human beings are. If you live in an echo chamber, you run the risk of believing you know everything when in fact you know nothing.

PLAYBOY: If the show ended tomorrow, what would you do?

NOAH: I would pick up my U.K. tour where I left off. I would go back and carry on touring Australia. I would go and do my shows in Germany. I would do more shows in South Africa, maybe start some TV shows somewhere else. As long as I'm doing comedy, I'm alive.

GEORGIE
SEXTON

Happy to have you feature on Playboy! Can you give us a bit of a background on your career as a model and where it all started? I'm de ighted to be fea tured in p ayboy 'm at the start of my mode ng career and can't wa t to see where it takes me! t's been my dream ever s nce was about 10 years o d wou d watch America's next top mode and see a l the catwa k shows. I've got a few exci ng shoots in the near future so keep an eye out!

What are some of your best career highlights so far? My best career h ghlights is working along side fabu ous photographers and meet ng amazing peop e a ong the way

Social media is a very powerful tool, given your massive following, what are some of the challenges you face when it comes to marketing your brand and maintaining a solid following? When it comes to market ng my brand, I w a ways be true to myse f. I'm so proud of what I do and if I can inspire others to be happy, confident and fo ow their dreams then I be very happy!

Can you give us breakdown of a typical day in the life of a glamourous model on set? ced Coffee is your best friend! I typically wake up ear y about 6am and leave the house for 7 am. Hair and make up beg ns at 9am and ready to start shooting at 10.30 /11am. I be on set for a few hours and will enjoy a n ce hea thy unch. A few touch ups from hair and make up through out the day and we fin sh up around 4.30pm. Back home to workout and re ax for the evening

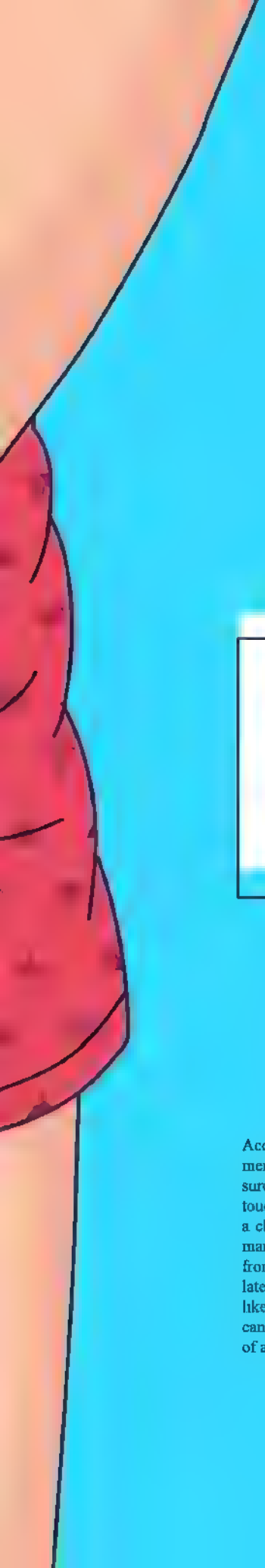
What are some of the biggest misconceptions people have about what you do? A ot of misconceptions get is that the job is easy! But in rea ity it's hard work and a ot of hours be ng on your 'A' game!

Now we know there are some pretty perks that come with being a beautiful woman, what would say are your favourite ones? Men ove to buy me things. From shoes to stockings to champagne. They ove to indulge me n things which make me fee sexy

What makes you feel absolutely sexy? A good tan, sexy ingerie and champagne.

3 things that you can't go a day without? 3 things I can't go a day without are my eye ash extensions. I ove a good ash! Coffee - especially an ced chai atte! Having cudd es with my pet tortoise Tilly

Anything exciting we should be on the look out for coming through this year from you? This year is going to be an exciting one! I can't say too much but keep an eye out on my nstagram to see more!



Balls!

A journey from 38 to 30

BY **IAN KIRKE**

According to the font of all knowledge (Google) on average men feel their balls seven times a day At least I can be reassured that I am above average in this particular field. Indeed, touching them thousands of miles away from home led to a change in lifestyle that I think may possibly have added many more years to my lifespan and reduced my waist size from 38 to 30, after losing 3 stone in 12 weeks. 18 months later I have kept the weight off and the simple things in life like bending over is not such a herculean task anymore & I can now see the near neighbor of my balls without the use of a mirror

In 2008 or thereabouts I became aware that my sleep pattern was being interrupted by frequent visits to the loo and being awoken by my own snoring. I was officially a lard arse and tipped the scales at a whopping 18 and a bit stone. Being 6'2" and broad I was able to carry it reasonably well although my face seamlessly blended into my neck and my double chin could have been sold as an occasional sofa at DFS. Being a practicing hypochondriac, I ambled off to the GP for a check up. Type 2 diabetic! What the fuck?! There must be a mistake! No Kirkey you were obese in fact morbidly so. Although the jolt was real and immediate, as was

the embarrassment, the promised rehabilitation that had to engage in 'portion size' never did materialize as quite simply I love food and drink. Indeed, I would list this as one of my favorite pastimes along with watching Notts County and going to the Speedway, pursuits that I could eat heartily at too. Furthermore, the cocktail of tablets gave me the seemingly plausible excuse that these alone would save me from losing my eyesight, a limb and early death. I was young (45) and death, so I convinced myself, only happened to really, really old people. So, after the initial shock to the system I didn't change a thing and continued with my unabated eating and drinking taking more interest in the ups and downs (mostly downs) of following Notts than what entered my body via my gob.

In May 2015, my false and idiotic presumption that death was only the preserve of oldies was brutally shattered when my wife Theresa died of cancer at the relatively young age of 50. For 18 months I watched a beautiful lady in a non-responsive coma until her life ended way, way too early. On reflection, I would have thought that this alone would have been the trigger point for changing my lifestyle as my kids Lucy (25) and Adam (23) now only had one parent. But it wasn't. Having to arrange my wife's funeral whilst she was still alive didn't motivate me either. The planets had yet to align for me and on reflection, I shudder at how oblivious I was to what I was doing to my body and how much I owed my children to live as long as possible so that I could support and irritate them in equal measure for many years to come.

Fast forward to December 2018 and I was in Hong Kong with my daughter, our stop-off for saying fare well as she entered another chapter in her life in Australia. As I left the shower in the compact hotel room with the mega widescreen TV showing some BBC World News documentary I sat on the bed following a vigorous toweling of my ample frame and conducted my above-average obsession by checking the balls. The newfound lumps didn't frighten me. A sudden and astonishing moment of calm overcame me. I had enjoyed a terrific life. There were so many things to celebrate and be thankful for that my own mortality didn't seem that important. I had already convinced myself too that I had testicular cancer.

During this moment of relative tranquillity, I laid on the bed and watched the TV. The documentary that had been airing in the background for the atmosphere was about obesity. Three patients or volunteers stood in a line. Two men and a woman. The blokes were clearly salad dodgers, yet the lady appeared only to be carrying a modest amount of additional timber. The Doctor talked about her Type 2 diabetes and made the remarkable claim that if she essentially ate less and reduced the intake of sugar in particular she could reverse her diagnosis in 12-weeks. There was no mention of going to the gym either. 12 weeks!

At that precise moment the Sun, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune aligned, and I made an iron clad promise to myself that I would follow the sage advice. After all if I couldn't place some directed effort over such a small period of time I didn't deserve the title of Dad.

And so, the initial and simple journey began. For the next 12 weeks, I would eat less and reduce my sugar intake. I looked at the traffic light symbols on the side of food and plumped for the ones that had 2% or less of sugar. I found some superstars in the process! ASDA porridge (less than 0.5% sugar) and gin & slimline tonic which had much less sugar than beer. I discovered that tinned fish was a great tasting filler of a meal and Tesco own brand soup had regularly yielded a sugar content of circa 1%.

The weight just dropped off. I got addicted to the bathroom scales and quickly cottoned on that overnight I would lose around 3 pounds just sleeping! Add a poo to the equation and this could stretch to 5! Over the first 3 weeks or so I lost a stone. Or more visually 7 bags of sugar. Colossal! I must admit that I became a creature of habit and stuck rigidly to porridge for breakfast, a tin of fish for lunch and soup for dinner. During another TV program I picked up the gem of a tip that not eating after 6pm significantly aided the weight loss program too. There appeared to be no downsides! Until that is I noticed that the number two motions weren't as consistent

as usual. I was used to a hearty dump at least once a day that would always coincide with a good Facebook review and the odd Tweet. At this juncture, I was pooing at a rate of one every 3 or 4 days. My diet had changed considerably in a short time and my body was adjusting to the new normal. When I did sit on the throne it was hard work and it was akin to, as I imagined, birthing a Mulberry handbag and could last long enough to read The Times, Speedway Star and the online Notts County gossip in one engagement. But this aside, and enjoying the prolonged me time, I was a man on a mission and the weight continued to fall at an alarming rate. This 12-week kick-ass program was delivering the goods.

The waistline also joined in and I went from a 38 to a 36 to a 34 in the following weeks. Mistakenly putting on the larger ones once I became aware that I could have qualified as a stand-in clown with my own baggy trousers able to accommodate a plethora of cannonballs and other circus items. Purchasing new jeans was incredible and I couldn't resist passing an M&S without seeing if I could squeeze into the next size down. On my birthday, some 9 weeks into the program, in Belfast I did a 32! Sure, it was a minor squeeze, but I was in! Talking like Joe Pasquale for a day or so afterward seemed a small price to pay.

My fat face began to show some structure too albeit a potential turkey-neck look began to concern me a little and I wondered if I would have to wear a dandy cravat but then again I was in my fifties and my chiseled facial features more than compensated for any perceived faults in the neckline. To celebrate the 12-week anniversary I bought myself a new pair of jeans. I had to take a picture of the label and circulate it on Facebook. 30. I also tipped the scales at 13 stone 12 pounds. The only time in living memory that when I entered this data into the NHS BMI calculator the result was a green, healthy weight. OK it was on the extreme end of the scale but that was cause for a celebration with a couple of Gin & Tonics – at least!

Subsequent visits to see my diabetic nurse also turned into more pleasurable events and 4 months ago I was informed that if I kept the weight off I would be off the Type 2 register in February 2021. I also kicked into touch the Metformin many months ago.

Has my weight fluctuated? It can vary between 13 stone 9 pounds and 14 stone 3 pounds but keeping to the small portion regime of low sugar dishes of which I expanded to include, for example, chicken & mountains of vegetables, especially during the week, has allowed me to enjoy a meal out or takeaway at the weekend. Have I fallen out of love with food? Not at all. Indeed, I think it is important not to demonize food. It's just that I used to eat too fucking much! Did I become a gym monkey? Not at all. OK I joined a gym, but my attendance was on my terms as it's a pretty inefficient way to lose weight although overall health & wellbeing is more than just keeping an eye on what you eat. I even started to participate in the local park runs. Not too long ago walking upstairs would have been an effort. 5K is now commonplace and I can still regain my posture pretty quickly when I finish.

Is this the instruction manual for everyone? Of course not. We are all different and have various reasons to be pulled and pushed in life. Although the rule of 3, a maxim that I picked up on one of my many speed awareness courses, is a robust structure. It works something like this: Change your behavior for 3-days and you will notice a difference. Keep it going for 3-weeks and the behavior will become routine. Keep it up for three months and the newly learned behavior will become second nature.

My personal ideological planetary alignment occurred in a far-off continent when I felt my balls and happened upon a TV documentary. Inevitably your journey will be different but with effort and consistency it can be done. Just find your reason to start.

Oh, I nearly forgot to mention again the lumps on my balls. I got them checked out at the hospital shortly after my return from overseas and they were benign pockets of water. Nothing to worry about and are commonplace with men of a certain maturity.

I never knew that the answer to my immediate wellbeing was always in the grasp of my own hands. Happy fondling!

The Authentic Bunny Suit

BY THE PLAYBOY EDITORS PHOTO BY CARL IRI

The bespoke Playboy Bunny suit is an icon of Americana and a one-of-a-kind uniform—often imitated, never surpassed

When the Playboy Bunny suit made its club debut on February 29, 1960 in Chicago, it was missing a few notable elements that have come to be an expected part of the outfit—namely, the tuxedo collar and cuffs and the name-tage rosette. Besides those key addtions—and the notable subtraction of fabric via a higher-cut leg line—the world-famous costume has remained remarkably stable across the decades. Tribute, we think, to how great it was to begin with.

Here are the essential elements of the sexiest work uniform in the world:

SATIN EARS
Worn crooked or straight, the Bunny ears offer the wearer a form of subtle self-expression.

BLACK BOWTIE
The Playboy Bunny's delicate balance of playfulness and sophistication starts here.

BESPOKE SUIT
Custom-made and hand-tailored to each and every Playboy Bunny, the suit creates a silhouette recognizable from a mile off.

PLAYBOY CUFFLINKS
Bunnies ensure that the little silver Rabbit Heads on their cufflinks face each other, or "kiss."

ROSETTE NAME TAG
The individualized nameplate is worn on the hip, which is eye-level for seated customers—learning names has never been such a pleasure.

FLUFFY TAIL
The final touch to complete the costume, the tail sits centered at the small of the Bunny's back.

CRISP WHITE CUFFS
Added, along with the bowtie and collar, in 1961, the cuffs caused the world to ask, "Who needs sleeves?"

NUDE + BLACK TIGHTS
The early Bunnies doubled up, layering black pantyhose over nude tights.

STILETTO PUMPS
Bunny pumps historically match the color of the suit but today are commonly worn in black.

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